

Moat House Leisure Centre Newsletter! February | Issue 33



Moat House News

- The gym extension is going well, take a look overleaf for the progress in the changing rooms, we can't wait for March ☺
- We welcome **James Mesnard** to the Moat House who started with us on the 28th of January and will be taking on the Operations side of the building.
- We now have a second Yoga class on a Monday night due to popular demand. Anamika will now put on a **6-7PM** and a **7:10-8:10PM** class.
- We have signed up over **150** new members in January! A very busy January.
- Have you converted your membership? You can change and convert to the **£15.99** site only contract for the best price going to use the Moat House ☺
- Ask an Instructor! We are all here to help you progress and see positive outcomes with your training, if you need advice, programmes, weigh ins and more we are here!

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Upcoming Gym Challenges

February 2019

Russian Kettlebell Swing



How many can you do in a minute?

Females = **12Kg** Kettlebell
Males = **16Kg** Kettlebell

Please see an instructor if you want to complete this challenge.

Biggest Loser 2019

We go again for Biggest Loser in 2019, weigh in and join either **Joe, Sohal** or **Vijay** for a year of pushing you to lose the weight and drop the fat %. With weigh ins in **April, June, September** and **December** you can continue to monitor your progress throughout 2019 and strive to better yourself.

Good luck to you all ☺

Future Events:

Run Club Sundays:

Every Sunday @9AM the Moat House Running Club will be putting on a Sunday run to get you prepared for the Coventry Half Marathon

March 2019:

24th Coventry Half Marathon
<https://www.enjoycoventry.com/festivalofrunning/halfmarathon/>



May 2019:

10th-12th Body Power
<https://www.bodypower.com/uk>

May 2019:

19th Coventry Sprint Triathlon
<https://covtri.co.uk/coventry-sprint-triathlon/>

Please keep an eye out on the gym events board for more going on in 2019!

Motivational quote February

“Motivation is good, habit is better”

For all those that joined us in January this is the start, keep on training and pushing!

Moat House Fitness Team
- Noel Evans

The New Gym

New gym at the Moat House coming March 2019!

The new gym extension is well and truly under way at the Moat House. As you can see below the changing rooms really are not changing rooms any more!



The whole of the old set one changing rooms are being knocked out and at the time of writing the wall between the male and female set has been knocked out showing just how big this space will be, exciting times! There will be a one week closure in March and when we have everything confirmed from the builders that it is on time you will be notified promptly of this. The classes will still run as normal that week ☺

Shout outs

A few shout outs this month;

- Debbie Lakin losing 4.6Kg during January
- Stuart McDonald losing 3.3Kg during January
- Sheree, Lindsey and Elaine for some awesome work at the start of the year with Sohal ☺

Well done all!

Classes

Wow! What a busy January. The classes have been absolutely super, lots fully booked, adding a second Yoga on the timetable and a great vibe around the Moat House.

This month my class of the month has to go between two classes.

First up is **Anamika Joshi** and her Yoga on a Monday. This class has been that popular that we have now added a second class on the timetable. This class now runs at 6-7PM and 7:10-8:10PM on a Monday night. A great class for relaxation, stretching, flexibility, good core work and a super start to the week ahead.

Secondly is Zumba on a Thursday night 7-8PM with our new instructor **Johana Carolina**. This class for a long time wasn't performing, but now under Johana you can dance the night away with a Spanish feel and have a great workout. This class is now regularly hitting double figures and with Valentine's Day around the corner why not bring your partner to enjoy the magic that is Zumba ☺

Please complete feedback forms on your picks for Class of the month or leave a positive comment online about your chosen class.

Please complete Voting slips for your instructor of the month and provide your full name or membership number.

Two good causes

We are asking you to support these two great causes.

First up is **Simon Abbott** who is running for Zoes Place. Simon used to be nearly 28 stone, and has lost well over 10 stone. He has put exercise and healthy eating and a lifestyle change as number one priority and now the Coventry half marathon is an amazing achievement for all this hard work.



<https://www.justgiving.com/fundraising/simoncoventryhalf?fbclid=IwAR2FTRzC-BtMHZvoLWLHVtHZUWVKsDmWXkxUJ5yN1ikQI2oicnOjAqeErI0>

Second up is our own **Dan Richards** who is also running the Coventry Half Marathon for the charity Calm, a mental health charity. A charity close to Dan's heart and maybe all of us who may of lost someone through ill mental health.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=StevenBlaney&pageUrl=1>

Good luck to you both and both worthwhile causes raising awareness ☺