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!

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

Simon Blay
Health and Fitness Manager
Simon.blay@coventrysports.co.uk
**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 😊

**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-BtMHZvoLWLHvHTUWVKsdmW_XkxU7jvN1lKIQoicnjAgeErl0

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 😊