

Moat House Leisure Centre Newsletter! January | Issue 43

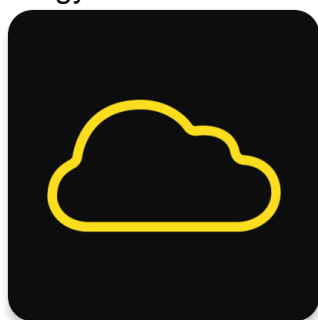


Moat House News

- Pay **NOTHING** until February 2020! Come and join us and pay nothing until February, no joining fee, and no January payment all completely **FREE** until February!



- The January to March timetable is now here! Pick up your copy today. Two new class editions this quarter with Kettlebells on a Tuesday morning @7AM and a Sunday @9:45AM with Noel and Zoe respectively.
- Download the MyWellness App for the best experience in the gym.



- Please be patient. The gym and classes will be busy over January, please have your cards ready to help speed up your entry and help our reception team.
- Whatever you do in 2020 have a fantastic year and let us help you reach those goals!

Welcome to 2020

Welcome to 2020 here at the Moat House! In 2019 we had our gym extended and filled with 70 brand new Technogym stations. For those members that have been with us for many years we are looking forward to welcoming you back, and for those of you who are new and joining us, you have made a great decision to come and train here. We are a friendly, welcoming centre and have a fully qualified team on the gym floor to help you on your fitness journey. You've chosen wisely now reap the rewards!

Fast Classes



NEW 20min FAST CLASSES
at Moat House Leisure Centre

Starts 17th June 2019
Monday - Sunday • 12pm

Pick up our new Group Exercise timetable or contact reception on 024 7684 1720 for more information



Every day of the week at **midday** one of our instructors will lead a **20 minute** class on the gym floor. Swing, jump, push, and pull this lunchtime!

Simon Blay
Health and Fitness Manager

Simon.blay@coventrysports.co.uk

Future Events:

February 25th & 26th:

The Community Trust provide their Children's Holiday Club on Tuesday 25th & Wednesday 26th February here at the Moat House.



April 5th:

Coventry Half Marathon on Sunday April the 5th @8:30AM.

<https://www.enjoycoventry.com/festivalofrunning/>

Enjoy your home half marathon, with smaller 5Km routes available as well!



Each month we will add more events throughout the year, any suggestions please let us know so we can spread the word. Moat House.

https://www.facebook.com/MH_LNC/

<http://coventrysports.co.uk/>

Have you got anything for us?

Please email;
moathouseblue@coventrysports.co.uk

Moat House Christmas Party



As you can see the staff had a great time at the Ricoh arena on Saturday December 7th for the staff Christmas Party! Here's to another successful year in 2020! #MoatHouse

Motivational quote January

“Do it for the next 10 year challenge”

Kyle Gilchrist - Moat House Fitness Instructor

Long Game

So you've signed up, great. Now for the plan of action to achieve those goals; and it takes time. We've said it before but this is a good acronym to follow to get you where you want to be this New Year;

S - Specific
M - Measureable
A - Achievable
R - Realistic
T - Time Framed

Use this and guarantee that success you desire in 2020!

Class of the Year

There could be only one. It had the highest turn out all year, it's on twice a week, and for a short while we were running over capacity due to its popularity! BOXERCISE is our class of the year, well done Sohal! Come on down on a Tuesday and a Friday @6PM for the best class of 2019!



Ring in the New Year with Kettlebells

Our new timetable for 2020 includes two new Kettlebell classes; both 45 minutes. First up in your week is a Tuesday morning with Noel @7AM. This is then followed by Zoe on a Sunday morning @9:45AM. Shift some iron this New Year!



Chris Hobbs – Inspirational story

I've been a member of Moat House gym for about five years now but this year following the revamp has been my best yet. The increased equipment and updated classes has really supported me to improve my overall fitness. Which has led to 2 and a half stone weight loss. Using the knowledge of the Moat House team I've been able to switch from the treadmill to running outdoors, betting advice from all the team on fitness, strength building and running basics. This has led to watching my pace increase and distance covered increase to the point where I'm now planning a half marathon. The introduction of the morning circuit class was a real game changer for me, having never done classes before I'm now a complete convert having only missed two of the classes in four months.

I can't thank the Moat House team enough for their support, guidance and encouragement.



Have you got a shout out? Let us know who you think deserves some praise!