Moat House News

• Our monthly £15.99 contract or £19.99 non-contract site-only memberships are the best price going to use the Moat House, including access to over 30 exercise classes and use of our new state-of-the-art fitness suite.

• Download the MyWellness App for the best experience in the gym 😊

• The new Class timetable for July-September is here! In our biggest change we introduce a Circuit class on a Monday morning @7AM with Sohal, start your week right and join in this class 😊

• Have you got anything for us? Please email moathouseblue@coventrysports.co.uk with any relevant information we can share 😊

Two Castles 10K – June 9th

The Moat House staff and members all took part in the Two Castles 10K run between Warwick Castle and Kenilworth Castle on a beautiful Sunday morning on June 9th. Starting and ending with a different castle, this 10K route was lined with supporters, proving to be a fantastic backdrop to run to 😊

Fast Classes

Fast classes are here! Every midday one of our instructors will lead a 20 minute class on the gym floor. Spice up that lunch and shape up!

Future Events:

July 2019:
14th Northbrook 10K
https://www.northbrookac.org.uk/10k/

27th-28th London Triathlon
https://livetotri.co.uk/london/

August 2019:
Massey Corporate 5 – 5K
https://www.eventrac.co.uk/enter-race/6309#anchor

September 2019:
8th Great North Run – Half Marathon

Please keep an eye out on social media and around the Moat House for all you need to know and more in 2019!

Simon Blay
Health and Fitness Manager
Simon.blay@coventrysports.co.uk
Motivational quotes

July

“Failure is not the opposite of success, it’s part of the success”

So you want to achieve that goal you set, you’ve planned the journey ahead but on route you hit a sticking point, illness, injury, lack of desire what ever the reason these “Lessons” are part of the package. Take a look at the gym team and some of their set backs on route to success.

Simon – A grade two tear to his left quadricep, 6 weeks out, now hitting half marathon PBs.
Joe – A broken jaw before a photoshoot, getting back to training and doing another one soon.
Sohal – A dislocated shoulder, 6 weeks out. Back in full training.
Aaron – Right wrist Fracture through boxing, wrist @70% and fulfilling rehab to get back to 100% fitness!

Shout out!

A big shout out to Sandy Angus and Sue Harrison! Our Fitness and Class Instructor Joe has seen huge strides in your performance in classes, and just recently both have completed their first box jumps! These ladies turn up week in week out and are hitting each goal they set. Keep it up and keep pushing to strive for more!

Salmon – It’s Fishy

Salmon, why Salmon, well heres a few reasons why;

• Packed with Omega 3 fatty acids
• Vitamin B12
• Improves Brain Function
• Helps lower cholesterol
• Helps increase heart health
• Healthy dose of Vitamin D
• Great source of protein
• Good source of potassium

Instructor of the Month

Our Instructor of the month goes to Emma Peabody. Emma has worked close to non stop over the month of June. We can’t thank her enough for her support and the superb classes Emma puts on here at the Moat House. The Pilates Emma delivers in particular is amazing! See Emma in Spin, 30/30, Pilates and more!

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

Class of the Month

June has been a hugely busy month with our classes. So we thank all our members who took part and our instructors who taught. This months was so good that we cant just name one class, so here are our classes of the month;

Boxercise – Tuesday and Friday @6PM. This class sells out most weeks and is led by our experienced instructor Sohal. Come and take part in a fun cardio workout.

Circuits – Wednesday @5PM and @6PM. This circuit class has been a huge success since adding in the 5PM class, our members love it and always come out having given it their all! Sohal again takes the lead and delivers a professional class week in week out.

Kettlebells – Tuesday @7PM. This class also got our class of the month last month but has hit new heights in the last four weeks and is now running at full capacity. You must come and book on and get some coaching through Noel!