

Moat House Leisure Centre Newsletter! June | Issue 37



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 😊



- Our **Spinning** class on **Wednesday morning** will now start **@9:30AM**
- The gym and group exercise studio at Cov Baths will no longer be available from 23rd June 2019. However, swimming pool will still be available.
- Have you got anything for us? Please email moathouseblue@coventrysports.co.uk with any relevant information we can share 😊

Simon Blay
Health and Fitness Manager

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Workout of the Month

Use Noels EMOM, Every Minute On The Minute, workout for a 15 minute blast.

5 rounds of 3 minutes, the aim is to work for 40 seconds, rest for 20 seconds and repeat with the following three exercises;

1. Plyobox – Burpee Jump
2. Kettlebell snatch
3. Power step up

Use the QR code to download this workout and let us know how you get on!



Shout out!

A warm Moat House shout out to **Michelle Parle** and **Amy Tranter** 😊 Michelle is a returning member and Amy has joined the Moat House. Without fail, the pair regularly attend week after week really mixing up their workouts with the new kit we have to provide at the Moat House. You go girls and continue to hit those goals! Any you feel deserves a shout out let us know!

Future Events:

June 2019:

10th Two Castles 10K Run
<http://twocastlesrun.org.uk/>



12th Sphinx Summer 5
<http://www.sphinx.org.uk/sphinx-ac-races/summer-5/>



Athletics Club
Coventry Est. 1984

July 2019:

14th Northbrook 10K
<https://www.northbrookac.org.uk/10k/>



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



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

BassFitness

We welcome **BassFitness** to the Moat House who start with us on **Tuesday 4th June @8PM**, this first session is **FREE** to members, after that it is £5 per session. Give it a go and have a fun workout!

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



Class of the Month

Noel - Kettlebells

Kettlebells on Tuesday nights @7PM is our class of the month for May. This class was new on our timetable in April but over the last two months has gained a good following. Week in, week out, those who attend are having some great coaching from Noel. The continuous positive feedback from you all is fantastic to hear. If you want to gain confidence using a Kettlebell, you know what to do!



Motivational quote June

“Short, Medium, Long, Purpose”

We all have goals but what are you really doing it for? Are you training for today, or should you be training for the future, leading to the best life you can have. We can all train for the moment but have a think of your purpose. 😊

Fantasy Premier League – Final Result

After a punishing 9-10 months of day in, day out, decisions and headaches it all came to a head on May 12th. Here is the finished table, a big congratulations to Rodney Withey (Top Gunz) and Jodie Stansfield our highest placed members.

#	Team / Manager	GW	Total Points
1	Why Zo Serious Simon Blay	76	2307
2	Sweat Shop XIV Top Gunz	58	2285
3	Bosses Boys Jodie Stansfield	71	2193
4	Kroos Control James Lakin	65	2189
5	Titanium_legs Matt Tooke	92	2150
6	Danzania United Daniel White	56	2139



Wedding Bells and Kettlebells

A huge congratulations to our gym instructor **Joseph Leake** on the engagement to his now fiancée, Jade. As some of you may know, he got up on stage at the free radio concert in front of 16,000 people to ask Jade to marry him. Luckily, she said yes!! It was a huge surprise to Jade, who thought she was getting on stage to take part in a magic trick. Instead of any rabbits being pulled out of hats, Joe pulled a diamond ring from a box.



Coventry Triathlon

Staff members **Lisa Abbott** and **Simon Blay** along with members **Simon Abbott**, **Cyprian Gawryluk** and **Hurbert Marcinkowski** Completed the Coventry Triathlon on Sunday 19th May.

