

Moat House Leisure Centre Newsletter! March | Issue 22



Moat House News

- Good luck to everyone running the Coventry Half Marathon on Sunday 18th @9AM
- Register your interest in the new London Wolf run in 2018. Registration boards are in the gym.
- Please look out for the Coventry on the move in parks initiative, some taking part in the nearby Wyken Croft Nature Park, www.coventry.gov.uk/covonthemove
- Please book onto the classes a week in advance to avoid disappointment, many are selling out.
- Members who neglect the group exercise booking procedure will have the benefit taken away
- Non-members can book in for classes up to 7 days in advance but must pay on booking
- Join Luke and his team on a Friday morning at the Moat House



Daniel White
Health and Fitness Manager

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Upcoming Gym Challenges

March 2018

Wall Squat

Longest hold wins!



Please see an instructor if you want to complete these challenges.

Biggest loser



Join us for the biggest loser challenge, with quarterly weigh ins throughout the year you get a chance to achieve massive weight loss by the end of 2018, work with an instructor and strive for success this year!

Simon Blay
Fitness Instructor and editor

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Future Events:

March 2018:

18th Coventry Half Marathon



April 2018:

15th Leamington 10Km race

<http://www.regency10k.co.uk/>

29th London Wolf Run



- Register your interest in the gym today!
- New London course

May 2018:

20th 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 2018!

Motivational quote March

“Think smart:
S – Specific, M – Measurable,
A – Achievable, R – Realistic,
T – Time scaled”

- **Vijay Dewis**
(Fitness Instructor)

February member of the month!

Big shout out to our February challenge winner **Jan Allen** who won the dish hold challenge with an impressive time of 2 minutes 5 seconds. Jan is a Moat House regular and is always looking to improve and continues to learn and grow and appreciate the benefits of exercise, you'll catch Jan doing her step ups with Debbie! Keep up the great work and enjoy your free month ☺

Whats your story?

Lisa Abbott explains her journey:

"Fitness is fun! If you can find a form of fitness that you love, then that is half the battle. For me that was running! I didn't fall in love with running at first, it was a chore but with the help of a friend I soon became hooked as my body started to change. Within a year I had lost 4 stone and had never felt better. Through running I have made so many friends and it is with their help that I branched out to try group exercise classes such as circuit training, Body Pump and Group Cycling. I have made exercise a way of life and it has become my social life too."



Please share yours with us we would love to hear your journey ☺

Instructor of the month February 2018

Vijay Dewis & Sohal Pathan:

Sohal & Vijay have both had an excellent month for February and were tied level with votes for instructor of the month. Their classes have been on sizzling form for February, so let's hope this continues for March. Good job boys!

Please complete feedback forms on your picks for instructor of the month for March 2018 or leave a positive comment online about your pick.

**"WE NEED YOU,
PLEASE VOTE"**

Class of the month February 2018

**Yoga (Wednesday 6pm-7pm)
Paul Thomas:**

This class has been on a gradual increase since the middle of January and continues to do well. Yoga on a Wednesday is one of our busiest classes and 6pm being the prime time. This class is perfect if you're looking to improve on your flexibility and range of motion in joints. It's also great for stress, breathing problems, relaxation and more great health benefits. Please book on to this class due to the available space, if you are looking to come to Paul's class, then please book in advance.

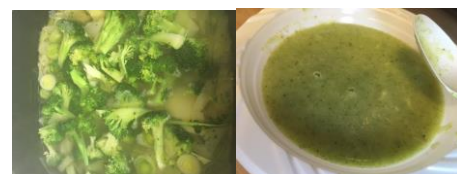
Well done Paul!

Try these!

From our lovely Luke!

A great broccoli and stilton soup, it gets people who run away from vegetables eating onion, leek, celery, and broccoli because of its partner in crime stilton! Yes, the stilton is a tad naughty but if you want to get eating vegetables it's a compromise of sorts. This soup is also super easy, quick and like the budge 'cheap cheap'.

<https://cookandeatwell.co.uk/recipes/broccoli-stilton-soup>



Do this!

This month we have a week long challenge, 17th-23rd March, and we are setting out to raise money for Sports Relief. Rowing from Lands End to John o' Groats, this is 1,407Km away, therefore we need you to help us row 1,407 1000m on the rowers! Please join in and support this great cause!

<https://www.justgiving.com/fundraising/moathouserowforsportsrelief>

