

Moat House Leisure Centre Newsletter! May | Issue 36



Moat House News

- Have you converted your membership? You can change and convert to the **£15.99** site-only contract for the best price going. This includes use of our new state of the art Technogym filled gym.
- Download the MyWellness App for the best experience in the gym 😊



- The Easter Egg hunt during the community open day on the 16th of April was a huge success, just shy of 200 children took part and had a great day.
- The Fantasy Premier League is coming to an end, find out who's on top overleaf.
- 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

Simon.blay@coventrysports.co.uk

Motivational quote May

“If you want something you've never had, you must be willing to do something you've never done”

The gym has recently been upgraded and revamped, don't be afraid to make use of the new state of the art equipment. Explore other muscle groups and try out new exercises to give yourself a different workout unfamiliar to the body to progress even more and break the habit of comfort training!

**Moat House Fitness
Instructor – Aaron Nicely**

Biggest Loser 2019



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:

May 2019:
10th-12th Body Power
<https://www.bodypower.com/uk>

BODYPOWER™

May 2019:
19th Coventry Sprint Triathlon
<https://covtri.co.uk/coventry-sprint-triathlon/>



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:
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!

Leamington 10K and Park Run

The Moat House Run Club took part in the Leamington 10K on April 7th, and the Bedworth Park Run on April 20th.

The Leamington 10K is a fantastic race, starting with 5K off road through the trails and then finishing with the last 5K on the road with streets lined with supporters. A super day and course. Here is how everyone did:

Simon Blay; **37:45**
 Jammy Ram; **50:03**
 Daniel White; **53:12**
 Graham Nicholson; **1:07:59**



Easter Saturday we took part in the Bedworth Park Run on a glorious sunny morning. Another good outing and putting the gym work we do to good use.



Class of the Month

April was our first full month re-opened with the new gym and some new classes on show as well. This month though we have an old favourite reigning supreme: **Boxercise** is our class of the month with **Sohal Pathan**. This class takes place on a Tuesday and Friday night @6PM and has had some unbelievable numbers taking part. If you want a cardio workout that is different, exciting, pulsating, and fun all at once, book in at reception and reap the rewards!

Well done **Sohal** 😊

Fantasy Premier League - Update

With only two games to go here is the top of table;

#	Team / Manager	GW	Total Points
1	Sweat Shop XIV Top Gunz	76	2180
2	Why Zo Serious Simon Blay	86	2162
3	Kroos Control James Lakin	70	2091
4	Bosses Boys Jodie Stansfield	94	2085
5	kalukey FC Luke Cleaver	56	2027
6	Danzania United Daniel White	72	2026



Who will take the glory come May 12th?

Peanut Butter

"Peanut Butter is love... Peanut Butter is life" A **Kyle Gilchrist** love story.

Peanut Butter Celery sticks are a fantastic snack option and even a post work out suggestion to keep you tied over. This snack is low in sugar, low in carbohydrates and high in protien. Give them a go and let us know what you think 😊

<https://healthyeating.sfgate.com/advantages-celery-peanut-butter-1617.html>



Advantages of a Kettlebell

The Kettlebell is extremely versatile and can help you to improve strength, cardiovascular fitness, explosive power, flexibility, mobility and more. Whether you are a beginner or a conditioned athlete the Kettlebell has a place in your workout routine. We can improve our ability to hinge, squat, push, pull, jump and thrust with this lump of iron. You can do so much with so little. Grab a Kettlebell, get an instructor and enjoy a new workout that will change you for the better and test the body!