

# Moat House Leisure Centre Newsletter! September | Issue 40



## Moat House News

- We welcome **Johana Prieto-Oviedo** to the Moat House gym floor. Johana teaches her Zumba class on a Thursday evening 7-8PM and has taken this class by storm. Johana is a fantastic instructor and will be a real asset to what we already offer on the gym floor. **#WelcomeJohana**
- We are selling Protein Shakes and Protein Bars for **£2.50** each, repay the body and build those gains!
- 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 😊



**Simon Blay**  
Health and Fitness Manager

[Simon.blay@coventrysports.co.uk](mailto:Simon.blay@coventrysports.co.uk)

## 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!



## Announcement!

Our Sunday HIIT class @10AM is no longer on the timetable. Please come along and try our Sunday **Spin @9AM** with **Vijay Dewis** and start the day right!



Have you got anything for us?

Please email:  
[moathouseblue@coventrysports.co.uk](mailto:moathouseblue@coventrysports.co.uk)

## Future Events:

**September 2019:**  
8<sup>th</sup> Great North Run – Half Marathon  
<https://www.greatrun.org/great-north-run>



7<sup>th</sup> & 8<sup>th</sup> Wolf Run  
<https://thewolfrun.com/>



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

## Our September Challenge!

How much time can you spend on the rower over the month of September? Your pace, your intensity, total time wins!



## Moat House Community Trust day camp

The Community Trust team provided their day camp over the summer, this ran 11-2 Tuesday, Wednesday & Thursday, and averaged nearly 80 children a day. Take a look at some of the memories made below;



## Shout out!

**Ellen Sullivan!**

Ellen is Joe Leake's shout out this month! Ellen was a brand new member only a month or two ago, but has grown into a real regular; using the gym teams guidance and taking part in classes such as Clubbercise. Ellen has also introduced a friend here as well to join her in the fitness journey. Keep it up Ellen 😊

## Motivational quote September

"A minor setback paves the way for a major comeback. Your setback is the platform for your comeback. We all have setbacks, the important thing is to rise back up and continue to move forward."

**Vijay Dewis – Moat House  
Fitness Instructor**

## Shout out!

**June Brady!**

June is Sohal Pathan's shout out this month! June is discovering new classes and exercises to add into her fitness routine to help continue her physical improvements. Taking part in Boxercise, Circuits and our Boxing class June is not taking it lightly and really going all in. June we salute you 😊

## Class of the Month

This August's class of the month is shared between two well-deserving classes: First up is our **Monday Tai Chi** class with **Tony @10AM**. Tony has been here since the early days of the Moat House and always has a fantastic following and superb numbers attending his class. It's a great way to start the week and get the mind and body ready.

Our second class is our newly introduced **Beginners Circuits**. Since starting in April, the class is now hitting maximum attendance with both **Lisa** and **Joe** at the helm. Come along for a fun and inspired 45 minutes work, whether experienced or new to the gym this class will suit you all.

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

## We take a break

We take a break for one month and will be back with you for our November issue. We hope you enjoy the read and please look out online for any updates during the next month;

<https://www.facebook.com/MHLNC/>

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



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