

## Race the Sun 2011

We recently sponsored property managing agents and motive8 client, Rendell & Rittner, in a charity event titled 'Race the Sun'.

Members of the R&R team were challenged with finishing a gruelling cycle race before the sun went down and we're pleased to report that they did complete the challenge, despite the weather conditions being the worst for 9 years!

As part of our sponsorship, the motive8 logo was displayed on the front of their cycling jerseys, with our very own jersey sent through to us as a memento after the race was completed.

A total of £13,367.30 was raised for their chosen charity, Action for Medical Research.



## Time to say Goodbye (and Hello)

The second half of 2011 has seen the sad departure of three very valued members of the motive8 team.

Gareth Traves has been our Personal Training Manager for five years. He has left to go travelling, something he has always wanted to do. He will be sorely missed but we wish him all the luck for the future.

Alex Thomas, one of our Rehab Professionals of twelve years, has also left. She is moving to Poole in Dorset with her husband and two children to enjoy a life by the sea.

Lastly we said farewell to Philippa McGregor, our much loved Schools Manager who had achieved great things in the three years she was at motive8. Philippa was offered the opportunity to do a fully funded PHD at St Mary's University and we support her all the way. Good luck Dr Phil!

These departures however also signalled the start of something fresh, with several new staff members coming on board in light of our appointment to manage the new spa and fitness facility at the prestigious Chelsea Creek development by St George. We wish a warm welcome to Tom Charman, Amy Sibley and Lara Bates.

## New School



September 2011 saw our schools department take on the curricular provision for St. John The Baptist School in Teddington. We provide 2 hours of PE for years 3 to 6 over four days to help the school cover its PPA time.

This term our coaches have focused on invasion games with years 5 and 6 and ball skills with the younger age groups. motive8 was also able to provide an assessment of all children for the school reports before October half term.

A positive start to the relationship between motive8 and the school has opened new doors and we have now also started to deliver a new after school athletic club – the club is fully sold out and full of excited children willing to run and learn about athletics. Not bad considering the winter season is upon us.

# INSIDETRACK

the latest news from motive8 health & fitness



## Motive8 Schools – Entering a New Era

Not only is the new school year seen as a fresh start for pupils, but this term has seen the implementation of a brand new staffing structure for the motive8 schools department.

Aylia Hamilton-Bannis, Shawn Mullix and Emma Rudelhoff make up an all new managerial team, each responsible for certain aspects of our provision (such as tournaments, children's parties and staff administration) and each allocated a trio of schools to personally support and oversee.

Supporting the schools management team are three other members of staff, Lisa Trodd, Stephen Cowley and Doug Fordyce. Each will provide invaluable admin and planning support to the three management heads, as well as coaching several hours a week in each of our schools.

With such a dramatic change to the running of the department, the start of term has been, to some extent, a learning curve for us all. However, with the schools department being a fast-moving department requiring speedy

and conscientious work, the new team has done a fantastic job, taking the new roles in their stride.

We currently have three schools on board with us for both curricular and extra-curricular provision, one of which was a brand new instruction at the start of the school year in September. We also have another six schools in which we deliver a plethora of extra-curricular clubs, ranging from football and tag rugby to street dance and cheerleading.

With the core team's hard work and the enthusiasm and passion of the coaches, everything is continuing to run smoothly. With the year flying by, we are now looking forward to the spring term and currently in the process of selecting the extra-curricular clubs to be delivered from January.

We are also looking at the potential of curricular provision in a fourth school... a busy yet exciting time for the motive8 schools department.

### Inside this issue



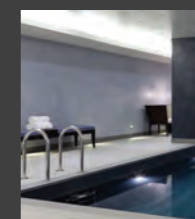
**Leeds Studio Update**

We continue to grow!



**New School**

New curricular provision



**The Lancasters**

Case Study



## Spa & Pool Development



Due to the continued development of our gym design department, we have teamed up with two fantastic partner companies, enabling us to extend our offering to the design and installation of beautiful saunas, pools and spas.

Alongside our first-class gym facilities, this creates a complete health and wellbeing solution across all our sectors. Our partners have many years of specialist expertise behind

them, which is why we chose to form strong partnerships and work together to create the 'best possible' solutions for our clients.

Visit [www.m8group.co.uk/gym-design](http://www.m8group.co.uk/gym-design) or call 0800 028 0198.  
Spa Journeys - Dalesauna [www.dalesauna.co.uk](http://www.dalesauna.co.uk)  
Swimming Pools - Heritage Pools [www.heritagepools.co.uk](http://www.heritagepools.co.uk)

## Case Study: The Lancasters, London



Built by Northacre and redesigned by Nilsson Architects, The Lancasters was originally an elegant parade of 15 magnificent stucco-fronted Grade II listed houses dating from the mid-nineteenth century.

Restoration by London's leading team of developers, architects and interior designers has created a unique fusion of traditional architecture with brand new design and construction.

The majority of the 77 homes face south with views onto, or across, Hyde Park. Each home has been designed around the grandeur of the original architecture and interior features of the building, such as high ceilings, ornate corning and fireplaces.

The French Renaissance-style ambassadorial terrace includes spa, pool, steam room, sauna, treatment room and gymnasium. Designed and fitted by motive8, the facility is both functional and inviting.

The equipment chosen was Technogym, one of motive8's preferred suppliers, and included a Dual Adjustable Pulley, two treadmills, one upright bike, one recumbent bike and a selection of Element resistance machines for all major muscle groups.

This was complemented by stretch mats, free weights, a True Vibe vibration platform, a Concept2 rowing machine, an Octane Fitness Elliptical cross trainer and four Swiss Balls of varying sizes.

The scheme is now managed by Qube Management, who is supported by motive8 for all gym-related maintenance and new user inductions.

The scheme is a huge asset to our growing portfolio.

To view the full case study of this and other motive8 projects, visit [www.m8group.co.uk/gym-design](http://www.m8group.co.uk/gym-design).

## Leeds Studio Update



Our Leeds Training & Fitness Studio is continuing to grow and develop, with our external membership quota filling up fast together with several new corporate partnerships with local firms such as William Hill, Asda, Eversheds and Walker Morris.

The studio and training team have also received some great PR, with features in the Yorkshire Evening Post, Leisure Management and Health Club Management as well as coverage on ExerciseProfessionals.net.

