



motive8 Gym Installations hit the headlines!

motive8's busy start to 2012 has attracted some great coverage in the fitness industry press. Our installation at The Lancasters in Hyde Park was seen in Exercise Professionals, Health Club Management, Leisure Consultancy, Interior Design Today and Hotel Opportunities to name but a few. This great exposure was repeated with the subsequent press release about one of our most recent corporate installations.

Nick Sadler, Managing Director at motive8, is extremely happy with the company's performance in the first quarter of

2012. He recently commented: "In today's economic climate, being able to offer a premium gym and spa not only satisfies people's desire for convenience alongside luxurious living, but also provides the ultimate in added value for any residential development."

Nick will be very busy over the next few months as he is set to do a tour of the UK by region, proactively seeking new business opportunities and creating new partnerships. Keep up-to-date with the tour and all other motive8 news on our blog www.m8group.co.uk/blog



Inside this issue



5 Gym and Spa Facilities

In just 5 weeks!



Onwards and Upwards

Up North



How it all began

Jenny and Chris



Cambridge Riverside



In a company first, motive8 has installed five gym and spa facilities in just five weeks.

These included Saxton in Leeds and Lakeshore in Bristol for Urban Splash, Matchmakers Wharf in London for Telford Homes, Cambridge Riverside for Berkeley Homes and Evolution in Edgware for Barratt West London.

Equipment from three of our key suppliers was used across the sites, as each client had its own bespoke requirements, space and budget which we worked scrupulously to meet whilst not compromising on quality.

All gyms are now fully operational, with motive8 delivering health and safety inductions to all the new residents.

www.m8group.co.uk/gym-design

Matchmakers



Saxton



Evolution



Onwards and Upwards

motive8 North is continuing to go from strength to strength. Since February, we have been working closely with our new financial corporate client in Leeds city centre. Following the installation of their new onsite gym earlier this year by motive8 Group, our northern division has assumed responsibility for delivering Personal Training sessions, classes and the motive8 Weight Loss Programme to their employees.

The motive8 Weight Loss Programme has been a huge success; after 9 weeks, the 9 participants have a combined weight loss of 10stone 13lb and 177 inches, with one lady losing over 2 stone in 9 weeks! Chris and Jenny are also gradually building up a personal training client base and are hoping to launch a weekly Zumba class at the end of April.

Our most recent residential gym at Saxton Gardens is now open and the motive8 north team is really busy conducting gym inductions for new residents. The gym is an amazing residential facility with Technogym cardiovascular and resistance equipment. We are hoping to build up a good personal training portfolio at Saxton in addition to hosting classes and bootcamps.

As motive8 North is getting busier we have also employed 2 new part-time personal trainers, Kate Halsall and Lisa Doyle. Kate has worked in the fitness industry as a class instructor for many years and recently worked with Jenny to host the warm up for the Wrap Up and Run 10k at Harewood House Leeds in front of 1500 runners. Meanwhile Lisa, who lives at Saxton Gardens, will be looking to build up a good client base there at the same time as helping out at the motive8 studio in Holbeck Urban Village. Both trainers have had great feedback about the sessions they have delivered so far.

about motive8 contact us newsletter motive8 money book classes 0113 243 0161 north@m8group.co.uk

PERSONAL TRAINING GYM CLASSES COMMUNITY

WELCOME TO MOTIVE8 NORTH, LOOK AND FEEL GREAT!

motive8 north are an experienced health and fitness company, offering **personal training** in Leeds, **excellent classes** and a **gym membership** at our state of the art training studio.

We have a personal training studio and gym at Marshall's Mill in the vibrant **Holbeck Urban Village** on the edge of Leeds City Centre, which has free parking and showers for clients to use.

We have also recently opened to conduct personal training sessions at the new **motive8 residential gymnasium** at Saxton Gardens in Leeds. Saxton Gardens is kitted out with the latest Technogym cardiovascular equipment in addition to strength equipment such as Olympic bars, free weights, medicine balls, TRX's and VPR's.

PERSONAL TRAINING IN LEEDS & THE SURROUNDING AREAS

Personal training sessions are performed in our training studio or, if you prefer, we can come to your home.

Our **qualified personal trainers** have a great reputation for getting clients to achieve their goals (check out our **client testimonials**). We have helped many clients lose weight, drop a dress size or two, look great for their wedding day, and get fitter and stronger for many sporting events. Our sessions are challenging yet fun and enjoyable and, more importantly, are tailored to your targets and goals. Forget about going to the gym and doing the same, generic programme and not getting the results you want... look some **personal training** sessions with motive8 North and see the results having a **personal trainer** in Leeds can bring.

FITNESS CLASSES IN LEEDS

Our Leeds gym and training studio also offers a wide range of **fitness classes** such as **Classical Zumba, Aerobic, Circuit Training, Boxing Circuit** and many more. Our experienced class instructors are a friendly team who will make sure you have a great workout whichever class you choose. So if group exercise is more your thing then **book a class** today!

GYM MEMBERSHIP

Gym membership is also offered at our Marshall's Mill Gym Leeds. The studio is great for those who wish to workout in a smaller, less intimidating environment than you may find at a larger health club. The Leeds gym offers a range of state of the art equipment including cardiovascular machines, TRX, VPR's, Kettlebells and Strength Equipment. We offer a personalised service including personalised programmes for all of our members who gets the results they desire.

GET IN TOUCH

To get in touch for more information any of our services, please drop us a line via the form below:

First name (required):

Surname (required):

Email (required):

Phone:

Message (required):

A Glimpse of How it All Began Up North



Chris first approached motive8 around 18 months ago to see if he could come and do some work experience as a Personal Trainer. At that time, motive8 North was in its infancy however, as Jenny was already busy with her own existing client base from her previous training company, she knew we'd need an additional trainer pretty

much as soon as we opened the motive8 North training studio.

As soon as Jenny met Chris, she knew that he was perfect for motive8. With his degree in Sports Science, Coaching and Performance, there was no need for Chris to do work experience - the knowledge from his degree combined with the studies from his PT course were ideal, plus his personality shone through and we knew he would be a hit with clients.

Since starting to work for motive8, Chris has gradually built up his client base and is currently doing well over 20 sessions per week. His member retention and the results he achieves are fantastic. This is not only due to the gruelling sessions he puts his clients through but also the support he gives them by providing training and eating plans together with regular contact during the week to make sure they are on track with everything. To top it off, Chris has a friendly, approachable personality and his sessions always look hard work but fun.



MOTIVE8 CHILDREN'S PARTIES

- Delivered at a location of your choice
- All coaches are qualified, first aid trained and CRB-checked
- 1 coach to 8 children ratio
- All equipment provided
- Optional extras such as invitations, party bags, certificates, t-shirts and medals

Please contact us for a bespoke package quote on 0800 028 0198.

Get Ready for motive8's New Out-Fit

We are pleased to announce the launch of our new Out-Fit bootcamps. Whilst we have been delivering bootcamps to our clients for some time now, we have finally decided to make it official by introducing a branded service.

Our long-standing bootcamps that run in Esher every Monday, Wednesday and Friday mornings will continue as usual but under the new Out-Fit name. We have also introduced a new Friday lunchtime session in Bushy Park, Hampton from 12:30pm – 1:30pm, with new members welcome to show up and join in. Prices start from £5 per session with discounts offered for block bookings. For more information, call Tom on 0208 481 9700.

Look out for updates by following us on Twitter via #m8outfit

Record Breaking Schools

The motive8 schools team has continued to surpass all expectations with yet another record-breaking term of after-school club numbers.

Not only has the number and variety of clubs we're offering across our ten schools increased, but the numbers of children signing up to each of those clubs has seen an uplift too.

This term we have introduced new clubs such as boxing and swimming, with some schools adding as many as three new options to their weekly timetable.

This really is testament to the service delivered by our coaches and the relationships we have developed with both the teachers and children in our schools.

www.m8group.co.uk/schools

