

Fitness

Saxton Leeds



Out-Fit Bootcamp

2012 saw the re-brand of our bootcamps. Our new Out-fit sessions are running in both Esher and Hampton Hill and provide a fun and social way to get fit! Suitable for all levels of fitness, there is no pressure to be the fastest or strongest. You get out what you put in which could result in burning up to 700 calories per hour!

We will be launching a brand new session in January of 2013. Running every Monday and Friday morning from 9:30am at North Sheen Recreation Ground in Kew, there will be crèche services available alongside the bootcamp, enabling attendees to workout whilst their children are professionally looked after.

For more information about locations and start times, please visit our website at www.m8group.co.uk/fitness/section/out-fit/

Motive8 North

In the 18 months since our motive8 North branch opened, there has been a non-stop flow of activity. Staff numbers have quadrupled and we are now delivering around 200 personal training sessions a month from our Marshall's Court base in Leeds City Centre.

Alongside the on-site sessions, we also deliver inductions, training and a tailored weight loss programme to employees of a neighbouring finance company. With over 50% of the workforce having completed an induction and over 32 stone lost collectively in the weight loss group, the motive8 north team really is working wonders for the employees' health and wellbeing.

The intimacy of our private studio has also contributed to the creation of a very friendly community hub. Different clients come together to compete in events and boost each other's confidence.

In line with our continued expansion, the team will be opening a second studio in early 2013 within Urban Splash's Saxton Leeds development. The space will provide a gym and class studio available to both the 410 apartments of Saxton plus the almost 3,000 surrounding apartments from nearby developments.

Kate Halsall will be promoted to Studio Coordinator and manage the timetable and recruiting of instructors. We want to offer the best classes in Leeds and therefore Kate is tasked with hiring the best instructors...of which she knows many!!

Users of the facility can pay a monthly membership of £29 per month for unlimited classes, which will begin with a choice of between 16-20 classes per week and expanding as the numbers increase. Classes will include spin, Zumba, boxing circuits, boot camps and Body Pump for starters.

www.m8north.co.uk



SUMMARY OF 2012

motive8 – Established market leaders in the design and installation of residential and corporate health & fitness facilities!

2012 has seen a number of highlights across the motive8 spectrum. From high end residential instalments to increased corporate consultancy, our gym & spa department has experienced significant expansion.

In the residential sector, we have won contracts with both individual clients and large developers. These included a beautiful home gym in Harrow, overlooking the property's grounds, followed by a celebrity's full spa journey in central London. On a larger scale, we installed the first residential gym in Cambridge on behalf of Berkeley Homes and obtained a brand new client in the form of City & Docklands with their scheme Lanterns Court.

Our relationship with Barratt Homes has continued throughout the year, with installations in both east and west London. The most significant of these being Great West Quarter in Brentford, where the popularity of the original gym

has meant two subsequent facilities have since been added, the third of which we will install in early January.

Our management arm has also won another contract – off the back of our successful management of Chelsea Creek, we will be running St George's next scheme in Hendon, London called Beaufort Park. We will be providing full-time staff to help run the gym and spa as well as offering ancillary services such as inductions, personal training, beauty treatments and rehab massage. A more boutique-style facility was also installed at Kew Bridge in Surrey, another scheme by renowned developer St George.

In the corporate sector, we have really strengthened our position in the market with four new deals brokered this year. It all began with a Financial Services Company in Leeds, who also employs our motive8 North branch to deliver personal training, weight loss programmes and nutritional advice on

[Continues Inside >](#)

Have Fun & Get Fit Outdoors

Holly Road Park, Hampton Hill, Fridays 12.30-1.30pm

Out-Fit Boot Camp

- Burn up to 700 calories in one hour
- The fun, space and fresh air of the outdoors
- Team games and activities
- Workout without knowing it
- Suitable for all levels of fitness



ONLY £10/session
Buy 10 sessions for £80, SAVE £20

Book your FREE taster session
Call 0800 028 0198

Email info@m8group.co.uk

www.m8group.co.uk/fitness/section/out-fit

Join up anytime!



Inside this issue



Summary of 2012

A busy year in Gym & Spa



Rich Dance Festival

motive8 Street Dancers perform



motive8 Year of Sport

Inspiring an Olympic legacy



Gym & Spa



an ongoing basis. This was followed by Orthocare UK, a specialist supplier of orthodontic products, who recently moved to a brand new headquarters in Saltaire, Yorkshire where their new gym is now up and running.

Further south, we recently installed a substantial gym for a London-based private equity firm as well as securing a contact with a manufacturer of advanced composite products for high-tech industries to consult, design and supply all equipment for their new corporate facility.

Completing the spectrum was the refurb of the Richmond College gym. The challenge was to match new equipment with existing pieces that the client wished to retain. The result has been a much more 'in-demand' facility for staff, students and outside members.

In conjunction with our new installations, our maintenance and aftercare department has taken on a large number of new maintenance contracts. These cover the whole of the UK and we recently passed the 110 contract mark. This is largely down to Richard Moon, our Facilities Manager, who has successfully built-up the department over the last five years.

All-in-all it's been a very busy year. Here's to more of the same in 2013!

New Residential Gym Projects

Kew Bridge is the latest scheme from renowned residential property developer, St George Plc. Located right on the River Thames adjacent to Kew Bridge, it provides an exciting opportunity to own an exclusive riverside apartment or penthouse in London. The new resident's gym truly lives up to the development's high quality specification, boasting a very 'boutique' feeling and atmosphere. Technogym and Octane Fitness equipment were the obvious choice here.

Waterside Park - Following the success of Barratt's Maple Quays scheme in Canada Water, we were asked to produce a similar facility for their latest scheme in the area, Waterside Park. With floor to ceiling glazing finished off with arty privacy designs, split-coloured flooring to distinguish walkways and different workout locations together with wall-mounted TV's to provide atmosphere and entertainment, this gym really is the whole package. Life Fitness CV and Signature resistance equipment are complemented by a large stretching area with Swiss Balls.



motive8 Schools Department Matures

During the current academic year, the former Schools Department has changed its name to the Coaching Department. Due to the ever-evolving nature of this area of the business, and our plans for its expansion, this change was deemed vital in order to clearly reflect the principles of the department as well as prepare it for a bigger and better future.

We have great vision and scope of how we plan to develop and this could no longer be restricted to purely delivering provision within schools. We have a long but exciting road ahead which, in time, will include a number of coaching squads available outside of schools (two of which have already started and are very popular), further holiday time provision, adult coaching and much, much more. We have a way to go in achieving this however, with the passionate team we have on board, work has already begun so watch this space for the all new motive8 Coaching Department!

Rich Dance Festival

This year in the motive8 coaching department it was all about increasing our provision with coaching; this has grown with the introduction of more street dance clubs. This year children from 2 of our most busy clubs were lucky enough to take part in the annual Rich Dance Festival in Hampton.

All of the children worked hard over the weeks at practice to produce amazing routines and, from this, we have started a Street Dance performance squad called the motive8 Street dancers!! We hope to expand to do more performances and introduce more groups, so watch this space...



Children perform creative routines



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.

motive8 Year of Sport

With the exciting Olympic Games having taken place in London this year, as a coaching and sports organisation we could not stand by and not get our schools involved in the fantastic legacy that is the Olympic Games.

With the slogan for London 2012 being 'inspire a generation' it was a perfect opportunity to inspire the young sports men and women of the future.

Introducing the 'motive8 2012 Year of Sport' we offered our schools the opportunity for their children to spend a day trying out different Olympic and Paralympic sports all under the guidance and supervision of our qualified coaches.

Sports included Goal ball, boxing and athletics. All children were able to take part from reception all the way to year 6; it was a brilliant Summer day which was followed by one of this country's biggest Summers of Sport. What a nice intro!!!



motive8 Coach leads by example!