



motive8 Goes North!

Following the success of our five gym installations in Yorkshire, we have expanded our presence in the area by opening a brand new personal training and class studio in Leeds city centre.

The new studio is being run by Jenny Cromack, a trainer that motive8 has worked with for many years and who has now become a full time member of the motive8 team. Jenny's years of experience are the perfect platform for launching the new studio, which offers a vast array of personal, buddy, corporate and group training packages as well as fitness classes of all varieties.

The studio is located in the grounds of Marshalls Mill, a historic converted mill in Holbeck Urban Village, renowned as one of Leeds key regeneration success stories. A full selection of cardio and strength equipment is available alongside changing facilities and space for fitness classes for up to 12 people.

For details of prices, class timetable or to book a session, visit www.m8group.co.uk/training or call 0800 028 0198.

Squeaky Clean

As part of our ongoing YouTube campaigns, we have uploaded a selection of 'How To' maintenance videos to help concierges, residents and management companies keep their equipment in optimum working order.



Our Facilities Manager, Richard Moon, has provided a comprehensive selection of videos, designed to showcase the best methods of cleaning and caring for all types of gym equipment to ensure

longevity of use and a more pleasant and hygienic workout environment for users.

To view the videos, visit www.youtube.com/m8group1.

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Sportivate



In June, we received some fantastic news that motive8 Schools Manager, Philippa McGregor, had been successful in our first ever application for funding through Pro-active London's Sportivate project.

We put together an expression of interest to set up a Gymnastics Strength and Conditioning Club for people aged 14-25. The idea of the project is to provide young people with a safe environment to increase their levels of regular physical activity as well as develop their overall fitness, strength and body condition.

The club is a recreational gymnastics class that utilises specialist equipment and expertise. The project runs on the basis that the first 6 sessions are free, with the hope that participants are retained for the running of a regular club afterwards.

The team is very excited about this new venture into community sport and working with a wider range of young people. We are very lucky to have the support of our new partner, Richmond Upon Thames College, who will be housing the club and providing the team with the equipment they need.



Back to School!



motive8 recently teamed up with St Philomena's Catholic School for Girls in Carshalton in order to develop a design for our gym cleaning station which we install into all our residential gyms.

Our contact at the school was Tunde Orelaja, the design and technology teacher who used to be Head Surveyor for Barratt East London, a long-standing client of ours. His passion for health and fitness combined with his inspirational teaching style meant his class of pupils were the ideal group to help us develop this new product.

Our Managing Director, Nick Sadler, and motive8 Marketing Consultant, Layla Smith, visited the school back in May to set the project brief – to design and make a gym cleaning station which encompassed a spray bottle filled with cleaning solution, towel dispenser, hand sanitizer, waste disposal unit and maximum branding opportunities.

We were nicely surprised by the girls' interpretation of the brief and all the hard work that had gone into all the presentations and models. The entries were judged according to how they had fulfilled the initial brief together with how they had incorporated any feedback.

Winners were chosen from two classes within the year group with each of the winning team members awarded a pair of Asics trainers courtesy of motive8. The winning designs will be made up free of charge by another company, with a view to progressing the designs through to full manufacture.

New motive8 Party Venue!

In line with the continued expansion of our children's parties' provision, we have teamed up with Richmond upon Thames College to offer a fantastic new venue to host our parties. The facility offers a range of indoor and outdoor spaces supported by a great selection of different sports equipment enabling us to cater for an even greater array of activity requests.

From cheerleading, street dance and gymnastics to more traditional sports such football, basketball and athletics, motive8's children's parties are the ideal way to entertain children whilst keeping them active and teaching new sporting skills.

Gymnastics & Trampoline Squad

With ten successful gymnastics clubs already running, four of which have waiting lists, and some real talent shining through, we decided it was time to develop a gymnastics squad. The concept was based on a club run outside of school hours that we could invite talented children along to try out for a place.

motive8 Head Coach, Emma Rudelhoff, oversees the squad, working alongside our Level 2 Trampolining Coach, Aylia Hamilton-Bannis, our Level 2 Acrobatic Gymnastics Coach, Doug Hyde and Level 1 Acrobatic Gymnastics Coach, Lauren Kemp, the latter 2 being members of Britain's Got Talent winners, Spellbound.

Our coaches decided which 16 children out of our four clubs would be invited to attend a five week trial for the squad to determine their suitability. Children were tested on all equipment (floor, bench, vault, trampoline and trampette) and, after the 5 week trial, all were invited to stay on at the squad as full time members.

The next progression is for the squad to expand. Our coaches are currently on the lookout for new children to select for a trial. We are also considering entering low level competitions and maybe developing a mini display team that can perform at events.

Case Study: Princess Square: Esher, Surrey

Princess Square in Esher offers a rare opportunity to purchase a new property of exceptional glamour and sophistication. Designed by Royalton to echo an 18th century London square, these new homes blend the finest architectural elements of the past with the very best of contemporary, luxurious living.



Based in Esher themselves, Royalton is a local firm, fully appreciative of the kind of properties suited to the area. motive8's head office is just a few miles away, making us the ideal locally-based supplier to help the developer fulfil their leisure requirements.

We opted for a mixture of cardio equipment manufacturers to ensure the best equipment for each exercise was provided. This included a Technogym treadmill and recumbent bike, a Concept2 rowing machine and Octane Fitness cross trainer. This was complemented by a Technogym Dual Adjustable Pulley, a complex resistance machine that can perform over 200 different exercises over a very small footprint. We also supplied a multi-adjustable bench together with a free weights rack, Swiss balls and stretching mats.

Upon launching the gym facility, all new residents are given a comprehensive induction to ensure they are fully educated on how best to use the equipment from both a health and safety aspect as well as achieving their fitness goals.



QuadKids

2011 saw motive8 once again host our annual QuadKids athletics competition. Despite the original date having to be postponed due to rain, we still had 5 schools turn up to the event in the last week of term, with teams of 16 children from years 3-6.

Every child took part in a sprint, distance run, vortex throw and standing long jump. The afternoon ran very smoothly, with each member of the team playing a key role in its overall success. Due to immense organisation and time keeping, the event ran ahead of schedule which allowed for team relays and a whole group cool down to take place.

When it was time for the award ceremony, all children, teachers and parents were asked to gather in the centre of the track. The atmosphere was buzzing as everyone eagerly awaited the results. Our top 3 schools for years 3&4 in reverse order were: St Mary's Juniors, Sheen Mount and winners Collis and, for years 5&6, Sheen Mount, Hampton Hill Juniors and Collis. A huge well done is due to all of our team, with a special mention to Collis Primary School and their Team Manager, Jenny Day, for a clean sweep.

View the video at <http://youtu.be/2AKVN0kM1SA>



Super Supplier

It has been a busy time for motive8 with one of our preferred equipment suppliers, Octane Fitness.

Octane Fitness, who specialise in producing premium quality cross trainers, has supplied a number of our recent projects including Lancaster Spa in Central London, Princess Square in Esher, Trinity Place in Raynes Park as well as our very own brand new Leeds studio, all in the last few weeks.

With the majority of our projects, we largely supply equipment from one company to ensure consistency throughout however, when it comes to cross trainers, the Octane Fitness Pro 3700 has proven itself so popular that motive8 Managing Director, Nick Sadler, makes an exception.

Nick says: "The Octane is smoother and offers more variety which is ideal for the smaller gyms we provide for. It is so popular that we changed our regular buying process over to the Octane Fitness cross trainers. With their smaller footprint and lower step on height, they always fit into whatever size room we have been allocated for a residential gym."



MOTIVE8 CHILDREN'S PARTIES

- Delivered at a location of your choice OR at motive8's NEW partner venue Richmond Upon Thames College (RUTC)
- RUTC has vast amounts of indoor and outdoor space that can be used for gymnastics to football parties with all equipment provided
- All coaches are qualified, CRB checked and emergency first aid trained
- Optional extras: invitations, certificates, duffle bags, t-shirts and medals
- Prices start at £8.00 (+ VAT) per head for a 90 minute party

Call 0800 028 0198 for more information or download a booking form from www.m8group.co.uk/schools

MOTIVE8 KIDS COACHING

- Private coaching sessions at a location of your choice
- 1:8 child/coach ratio
- Equipment provided
- Improve skills, fitness and enjoyment of physical activity
- £65 per hour (+ VAT)

London 10K Report



July always signals the Asics British London 10K run in London and the chance for motive8 employees and clients to put their fitness levels to the test!

2011 was no different, with a number of both long-standing and new motive8 employees taking to the streets of central London alongside thousands of other runners.

We once again ran in aid of our chosen charity partner, Traidcraft, raising money for this very worthy cause. Here are some of the comments from our team!

Nick Sadler, Managing Director - Hot day! So many people compared to last year plus they have made the course narrower in several places! Great motive8 turn out and amazing to have raised over £1500.

Richard Moon, Facilities Manager - It was 10K of side-stepping, but in good spirit! A fantastic, if not busy, run full of great people with great causes and vibrant atmosphere.

Sarah Cleland-Smith, Director - I ran with one of our clients who has been training with motive8 for over 8 years; this was his first 10K. At 8km I could see he was flagging and tempted to walk but with a bit of encouragement and motivation he completed the run with a great time. Very pleased for him.

Race the Sun

We are sponsoring one of our managing agent clients, Rendell & Rittner, in a Charity Sporting Event on 3rd September 2011.

Eight members of the estate management firm will take part in the event which includes a 50 mile off-road cycle, a hike up England's second highest mountain, Helvellyn, and a 2.5mile canoe ride which all has to be completed by sunset.

Each team has committed to raise a minimum amount for the chosen charity, Action Medical Research, and hope to achieve this through support from motive8 and their other chosen sponsors.

In recognition of our sponsorship, the motive8 logo will appear on the cycling jackets worn by the eight team members. To view more about the challenge and to make a donation, visit www.action.org.uk/sponsor/rendallandrittner