

Aztec Newsletter

Summer 2016



Welcome to the 2nd of our regular Aztec Club newsletter.

Since the Spring edition we have moved forward with a number of areas in your Club. The new lockers have been installed now and I am pleased to confirm we are going ahead with a £100,000 makeover of the gym, with brand new CV equipment from Precor. This will feature built-in TV's with all Freeview channels plus all the latest features to aid your training.

The spa has also seen a revamp of its relaxation area and the introduction of the new exciting BIOTEC treatment package from ELEMIS. I would like to take this opportunity to thank all of our members for your continued support.

Best Wishes Matt Green (General Manager,
TLH Carlton Hotel & Aztec Club).



EXCITING New Equipment Upgrade for the Aztec Gym

£100,000 investment

We're thrilled to announce that the gym is having a makeover! We will be installing a complete new range of premium CV equipment from the specialist Precor range, as well as refreshing the free weights area and giving the gym a fresh coat of paint. You'll see new and improved information boards and signage, and a new dedicated seating area for PT discussions.

Equipment includes:

- 5 treadmills
- 3 upright bikes
- 2 recumbent bikes
- 4 cross trainers
- 3 Adaptive Motion Trainers (AMTs)

All featuring the latest technology including the Preva App, touch screens, TV freeview channels, various language options, pre-set training sessions and a quick-start option.

If you aren't familiar with the AMT, these are designed to provide a low-impact cardio workout. You can change the motion of your stride as you wish and Precor tell us that you will burn more calories than with most other cardio equipment.

To make sure you get the best from the kit we will be organising some group inductions for members – make sure we have your email address so we can send you the details.

To ensure safe installation and testing of the new equipment, we will be closing the Aztec Gym from 9pm on Saturday 20th August and reopening on Wednesday 23rd August at 9am. The Aztec Pools, Aztec Spa and Aztec Studio will remain open as normal.

Aztec Club Competition

Win a Suunto Sports Watch



To celebrate our Aztec Gym makeover, we're offering one lucky member the chance to win a Suunto Sports Watch, in association with Precor.

All you have to do is tell us what does AMT stand for.

Simply send us your answer with your name to azteccomp@tlh.co.uk. We will draw a winner at random from the correct answers and announce it at the Aztec Club Open Day on Sunday 11th September.

Good luck!

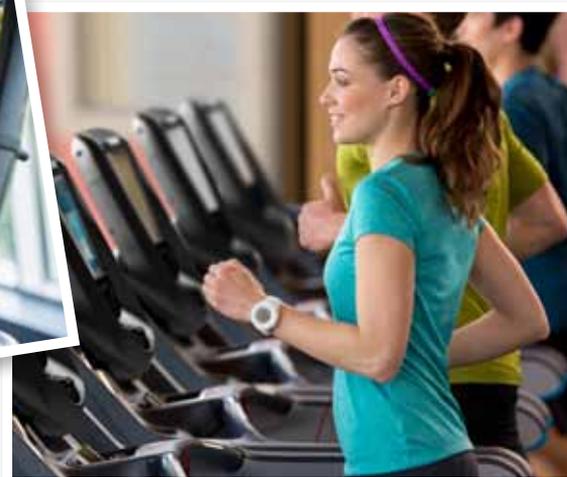


Aztec Club Open Day

To relaunch the new gym we are having an open day on Sunday 11th September from 11am to 4pm. You can come and see the new gym for yourself, as well as enjoy a family day out with swimming, archery and 10 pin all on offer.

Check our website for details or look out for more information in the local press

Are you ready?



Find out more at www.tlh.co.uk/aztec-precor



Ian's Healthy Omelette

Our Aztec Gym Instructor, Ian Davies, is super-fit. As well as working out on a regular basis he also follows a very healthy diet. Try his healthy omelette recipe as a perfect kick-start to the day. In particular

cayenne pepper is a great metabolic booster, aiding the body in burning excess fat.

- 4 large egg whites (16gm protein, 0.4gm fat)
- 1 spring onion – chopped
- ½ bell pepper – chopped
- 2 mushrooms – chopped
- Handful spinach – chopped (High in niacin & zinc as well as protein, fibre and vitamins)
- Pinch black pepper
- ½ tsp cayenne pepper (supports weight loss, promotes a healthy heart, provides detox support & is a digestive aid)
- 1 tsp extra virgin coconut oil (high in natural saturated fats)

Heat the coconut oil over a medium heat and fry the chopped vegetables for 2 minutes. Whisk the egg whites thoroughly with the black pepper and cayenne pepper and pour over the vegetables. Allow to cook for a couple of minutes, then carefully flip the omelette over and cook for a further 1-2 minutes until cooked through.

Aztec Studio Get Inspired



Sue has recently become an Aztec Studio member and we have been blown away by her story and her determination. Take a look at her Q & A session and hopefully you'll be inspired to make the extra effort to achieve your goals. And don't forget, the Aztec Team are here to help you on your journey.

If you don't mind us asking, can you explain your mobility issues and how they came about?

I had an accident just over 3 years ago which resulted in a severe injury to my right leg, and I was told I would never walk again. I am also a chronic asthmatic. However, I was determined not to give in and since then have been doing my utmost to get my life back on track.

Why did you decide to join the Aztec Studio?

I need to lose weight and was advised by my Physiotherapist, Emma Thompson, that Kettlebells might suit me.

When did you join the Aztec Gym? At the beginning of July

How many classes do you attend? At the moment I come to two Kettlebells classes a week, but I would like to attend more.

Why do you love Kettlebells so much?

Because it works on my core and upper body fitness in a controlled way.

Instructor, Nikki Weston, is delighted by Sue's progress so far and would encourage anyone to come along to the Aztec Studio and try out some of the classes available. Hopefully you'll have fun, get fitter and give yourself a confidence boost at the same time.

For more details about the Aztec Studio and to see our latest timetable you can visit www.flh.co.uk/aztec-studio.

#Competition Winners Well done to the winners of our monthly #Competition.

#AztecSpaLove - Well done Hannah Laidler who wins an ELEMIS Swedish, back, neck & shoulder massage

#AztecStudioFit - Well done Jade Cockerill who wins a 1 month free Aztec Studio Membership



Don't forget, it's a monthly competition - **Capture, share & join in...**