

# Aztec Newsletter

Spring 2017

Welcome to our regular Aztec Club newsletter.

We're thrilled to welcome our new Aztec Leisure Manager, **Savash Zuhayir**. Savash comes with a wealth of experience in the leisure industry. He will be overseeing all aspects of Aztec Leisure, including the Spa, the Pool and the Gym and Studio.

*I look forward to bringing a wealth of knowledge and skills to the Aztec Club and look forward to becoming part of the TLH team and meeting everyone in person. I have been working in the Leisure and Beauty industry for over 15 years now within Torbay and my experience in developing a Team to deliver the highest standard of customer service is paramount to retaining happy customers. Working for this industry is a passion of mine which I'm lucky enough to call my job.*

Healthy regards,  
Savash Zuhayir (Aztec Leisure Manager)



90  
second  
challenge

## Introducing Aztec Gym workout series with Jade

We have our very own video star here in Aztec! Gym instructor and personal trainer Jade Taylor is keen to share her exercise tips with you at home, to supplement and support your Aztec gym workouts.

She has teamed up with the TLH marketing department to produce short workout videos every week. She'll be covering a whole range of exercises from HIIT sessions to ab workouts and would love to know what you'd like to see in her upcoming videos.

Catch Jade every Friday and don't forget to subscribe to get your weekly workout inspiration!



Quick  
Upper  
Body  
Workout



Tabata  
Style  
Workout



Low  
impact,  
lower  
body  
Workout

Subscribe  
Now



**Aztec Club**  
**Wellbeing Wednesday**

**SAVE A HUGE 50% OFF**  
selected individual spa  
treatments **every Wednesday**

## Great Club Benefits on Wellbeing Wednesdays

Don't forget, all our Club members can enjoy a spot of pampering at great discounts every Wednesday. With treatments for both him and her, check the posters in Reception to see what's on offer. **Please book in advance and show your member's card before your treatment.**

## AMT Challenge

Can you go the distance?

The challenge aims to see who can travel the furthest distance in 3 minutes using our Adaptive Motion Trainer (AMT). The cutting edge technology of the AMT means that participants willing to take on the challenge will have to choose and vary their personal workout settings, adding a crucial and strategic element to the competition. The AMT 3 Challenge champions will be crowned at the end of the third and final week. It's time to see who's got what it takes. **Speak to any member of the Aztec Team for more details. #gothedistance**



3 MINUTES | 3 WEEKS | 3 WINNERS

Now available at the Aztec Spa

## ELEMIS BIOTEC

The NEW Skin Energising Skincare System

01803 400190 [www.tlh.co.uk/aztec-spa](http://www.tlh.co.uk/aztec-spa)



## Have a Blast with Kelly!

What is Blast? High energy class for a cardio workout, using

free weights and body weight for a full body workout. The classes run in the Aztec Studio on Tuesdays from 9.30-10.30am. The classes cost £3 for Club Members and are free for Aztec Studio Pass members.

Find out more at [www.tlh.co.uk/aztec-precor](http://www.tlh.co.uk/aztec-precor)

## Nikki's Gluten Free Lemon Cake



Nikki Weston is always in the lookout for tasty gluten free recipes and this one is a real winner. It was award first place in the taste test of the recent TLH Comic Relief Bake Off!

### Ingredients

- 4 medium eggs
- 150g caster sugar (I used caster sugar with Stevia to reduce the amount of sugar)
- 225g gluten free self raising flour
- 2 teaspoons gluten free baking powder
- 225g soft soya butter
- ½ freshly squeezed lemon
- Zest of ½ lemon
- 1 ½ tea spoons of Sicilian lemon extract

### Method

- 1 Preheat oven to 180c (160c for fan oven/gas mark 4)
- 2 Cream the butter with the sugar. Add the eggs, flour and baking powder, lemon zest, juice & lemon extract. Mix until well combined.
- 3 Grease & line 8" loaf tin. Place on the middle shelf and bake for 30-35 minutes until golden and the cake springs back when pressed (if you'd prefer to make it in the style of a Victoria sponge rather than loaf use 2 x 20cm/8" sandwich tins and bake for just 20-25 minute.
- 4 You can then fill with your chosen jam and a dairy free cream, alpro soya whips up quite well!!!



# Aztec Club Get Inspired



### Introducing Shirley...

It was a pleasure to meet our Aztec Club member Shirley and find out about her inspirational story. Shirley has lost 4 and half stone and has gone from walking with two crutches to now being totally mobile and taking no medication in just 6 months! She had been very unwell for quite some time and had a liver transplant 4 and half years ago. She was then diagnosed with fibromyalgia where you experience daily severe pain and extreme tiredness.

### What was your quality of life like before you joined us?

I had been on crutches for 4 years and lived on pain killers. I only existed day to day.

### What was your turning point to change your life?

I believe it was a mixture between my pain consultant advising me to start exercising and my passion for the Devon and Somerset Air Training Corps, where I am Band Master and regularly volunteer.

### What was the first step you made towards exercise?

I did the Boxing Day dip after I had not swam for 8 years. I then joined the Aztec Club on the Early

Bird membership on New Year's Day and met with Jade your Personal Trainer and got a fitness programme. I do a session in the gym for about an hour and a half, I go at my own pace then go for a swim after three times a week.

### How has this impacted your life?

I have now lost four and a half stone and no longer walk with crutches nor take any pain relief medication. My personality has completely changed, I'm more positive and have a clear head especially not being on the pain killers. I was stuck in cycle of pain and medication.

### What advice would you give to someone in a similar situation?

Start exercising, set yourself small targets. I have learnt to work around my condition, I have good days and bad days. I can honestly say I do not function as well when I haven't been to the gym. My pain is so much more manageable now.

### What have you else have you achieved?

In February I completed a lifeguard course and just completed a 100 foot Abseil for Rowcroft Hospice. I have a positive mind set and that is half the battle.

### What are your future aims?

I aim to lose a bit more weight and stay active. I would also recommend that people in a similar situation start exercising once you are advised by your doctor, as it will change your life. The team at Aztec have supported me all the way and having a Personal Trainer really gave me the extra confidence to reach my goals.

*Thank you very much for sharing your story and inspiring many people. All the best for the future.*

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

### #AztecSpaLove

Well done Jessica who wins an ELEMIS Swedish, back, neck & shoulder massage



Aztec Spa March winner  
Well done Blackrose106

#AztecSpaLove

### #AztecStudioFit

Well done Jemma who wins a 1 month free Aztec Studio Membership



Aztec Studio March winner  
Well done Jemma Choules

#AztecStudioFit



Aztec Gym March winner  
Well done Barry

#AztecGymGains

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