

Aztec Newsletter

Spring 2018



Welcome to our Spring edition of the Aztec Club Newsletter.

Traditionally January and February are extremely busy months for the leisure industry. It is always pleasing to see a high influx of new members joining us here at the Aztec, mostly with the intention of starting a New Year's resolution.

We often hear of our new members wanting to lose weight and increase their fitness levels. All positive steps towards a healthier and longer life. We also help many people train towards a sporting or charity event such as a Marathon, Climb, Swimathon etc. We have our own qualified Personal Trainers on-hand to help them achieve their goals.

Here at the Aztec we offer every new member a Gym Induction and Gym Programme free of charge. We also encourage a re-assessment every 10 – 12 weeks. This is good chance for us to review your current Gym Programme and make the appropriate changes.

Don't forget to take advantage of our Aztec members' benefits. My favourite benefit for members is our Wellbeing Wednesdays. Aztec Members save 25% off all individual spa treatments and a huge 50% off selected individual spa treatments every Wednesday. Please look at the notice boards for the treatments on offer.

Healthy regards,

Aztec Leisure Manager

Aztec Gym

Now that Spring is on the horizon, why not give your training a boost with a free tailored routine from one of our Personal Trainers?

Nick and Ian are always happy to give you some friendly advice or a bit of a pep talk if you're lacking motivation and don't forget our Precor cardio equipment has some fantastic workout programmes – ask us if you'd like to know more about making the most of **Precor** & the **Preva** app.



Aztec Studio

Have you tried one of our Studio Classes? We now have a fantastic variety of classes here at the Aztec to keep you motivated.

Lou Pattison is now offering Pound® to go alongside her Piloxing® class. It's a great fun class based on drumming movements. It combines cardio, conditioning and strength training with yoga and pilates. Drumsticks are used to beat out a rhythm during the workout so your arms will soon feel the burn! The whole workout is to upbeat rhythmic music leaving you with a real feel-good glow at the end – give it a try! **Lou's Pound class is on a Thursday 10 – 10.45am.**

You'll also see our own Aztec team, Nick, Ian and Andy in the Studio with Andy running Circuits classes on Wednesday and Fridays 5-6pm, Ian running a Beginner's Circuits on Mondays at 8.45am and Nick offering Boxercise on a Saturday morning at 8.45am.

Members only pay a small fee of £3.00 per class, unless you're a Studio Member and then you will get this class free plus over 15 other FREE classes.



Do we have your email address?

We would like to be able to send you Aztec Club correspondence by email. When you leave your member's card with us, please let us have your email address too, or simply complete the form at reception and you could win an Aztec Spa Day. You can also be kept up to date with the latest news and offers from Aztec Leisure. If you would prefer not to receive these just let us know. *Thank you for your help!*

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

Ian's Three Amigo Chilli

This one pot dish is simple and convenient and includes some powerful superfoods.

Great for lunch or served with wholegrain rice as an excellent post workout meal.

Serves 6

Per serving: 175 calories, 22g protein, 12g carbs, 4g fat, 3g fibre, 249mg sodium

Ingredients

1 tsp olive oil
 1 small onion chopped
 1 small jalapeno pepper chopped
 455g Minced turkey breast
 300g each tinned chickpeas, black beans, kidney beans, drained and rinsed
 400g tinned chopped tomatoes
 400 ml low-sodium chicken stock
 ¼ tsp salt
 ¼ tsp cumin
 ¼ tsp cinnamon
 Tabasco sauce to taste

Instructions

- Heat oil in frying pan over medium heat
- Add onion and chilli and sauté until soft (3-5 mins)
- Add turkey and brown (5 mins)
- Add beans, tomatoes with their juice, stock and spices.
- Stir and bring to the boil
- Reduce heat and simmer for 20 minutes

If you'd like to find out more about the health benefits of some of the superfoods included in the recipe then take a look at some of the sites below.

<https://www.dovemed.com/healthy-living/natural-health/7-health-benefits-of-jalapeno-peppers/>

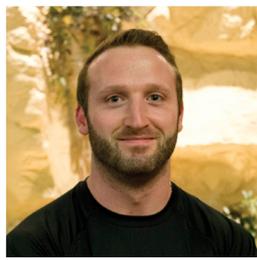
<http://www.wellnesstoday.com/nutrition-recipes/are-chickpeas-the-new-superfood>

<https://www.swansonvitamins.com/blog/health-news-and-opinion/black-beans-superfood>

<https://www.healwithfood.org/health-benefits/red-kidney-beans.php>

<http://www.dailymail.co.uk/health/article-5236533/2018-going-spicy-cumin-kale.html>

<https://greatist.com/health/superfood-cinnamon>



Aztec Spa

We have some exciting new products and promotions coming to Aztec Spa throughout the year!

In our Aztec spa shop we have the brand new ELEMIS Superfood range. These products contain superfoods which are shown to have significant results when applied to the skin. Your skin will instantly



look smoother, softer and revitalized and they are all vegan friendly. You can read more about the benefits of the Superfood range on our blog or in this newsletter.

We are also celebrating **Mother's Day Month throughout March**. We have a wonderful treat for you and your Mum with a special package of a massage, manicure and afternoon tea. Look out for details on our website and in the Spa.

What are Superfoods and why would we want them in our skincare products?

ELEMIS have launched a new skincare range combining the pure power of concentrated superfoods with the science and expertise behind every ELEMIS formula. **Superfoods have been in the news a lot lately but what are they and why are they good for your skin?** Superfoods include things like broccoli, kale, pumpkin and avocado and contain a higher level of nutrients than other food; beneficial when eaten but also when applied topically to your skin. The magic ingredient in these foods is the level of anti-oxidants they contain which can help protect the skin from pollutants such as cigarette smoke and the sun. ELEMIS claim that the superfoods in their new range will deliver healthy looking skin that leaves your skin looking fresh, luminous, bright and radiant. Being completely plant based, the range is also suitable for vegetarians and vegans.



You can try the range for yourself with the ELEMIS Super Food Pro Radiance Facial, or pop in and have a chat to the spa team about what would be right for your skin.



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

#AztecSpaLove

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

#AztecGymGains

Well done Sharon_delighted who wins a month's free gym membership

#AztecSpaLove

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



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