

# Aztec Newsletter

Winter 2016



Welcome to the 3rd of our regular Aztec Club newsletter.

Following on from our last edition, it's great to see that our new fitness equipment is now in full use and is giving members and guests the ability to use the latest technology whilst gaining the benefits. We've also seen a few changes in our Aztec team in recent months. Zoe Bowden has started in her new role as Digital Marketing Assistant, whilst Nikki Weston has taken over the role of Aztec Assistant Manager. We are also delighted to welcome Jade Taylor into our team, as our Aztec Fitness Instructor. Jade comes with a wealth of qualifications and knowledge and is looking forward to meeting you all. Once again a big thank you to all of our members for your continued support and feedback.

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



## Introducing Jade Taylor

Jade is our new Aztec Fitness Instructor and is also a personal trainer. Jade is very friendly and approachable and is truly passionate about helping clients reach their health and fitness potential. Jade has completed two marathons and knows exactly what is required to help you reach your target. As part of your membership, Jade will help create a personal programme based on your fitness goals; this is updated regularly as you progress. To maximise your workouts, Jade also offers 1 to 1 Personal Training sessions.

## Team News

Many of you will know Nikki Weston already. Nikki's Kettlebells classes have become hugely popular in the Aztec Studio. Nikki is now a fully qualified gym instructor and personal trainer and has taken up a new role as Aztec Club Assistant Manager. You will see a lot more of her in the gym so do ask her if you need any help. Nikki will also be offering PT to all members. You can book a session with her at Aztec Reception.



## AMT Machines – what are they all about?

If you haven't had a go on our new AMT machines yet, don't be scared, they are great for a low impact workout! An AMT is a revolutionary cardiovascular machine, first introduced in 2007. It is a combination of an elliptical machine, treadmill and a stepper which adapts to your preferred body motion. You can change the style of your leg movement at any time during your workout to more closely mimic walking or running, without so much as the push of a button. If you've had a break from the gym or are looking to get back to fitness after an injury, an AMT is a great place to start for a low impact safe workout. One of our gym instructors will be happy talk you through the benefits and how to use it.



## Piloxing hits Torbay!



What is Piloxing?  
A non-stop, cardio fusion of standing Pilates, boxing and dance that will push you past your limits for a sleek and powerful you!

Some of you may have already met our Studio Instructor Lou, from her Burlexercise and Piloxing classes on a Thursday morning. Great news, Lou is adding a new evening class on **Thursdays starting 5th Jan 2017 at 5:45pm- 6:45pm**. Make sure you give this latest craze a go for a fun, beneficial workout. Check out our studio timetable at [www.tlh.co.uk/aztec-studio](http://www.tlh.co.uk/aztec-studio)

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## Jade's Healthy Winter Warmer



Our new Aztec Fitness Instructor, Jade Taylor, is super-fit and knows that diet has a huge impact on achieving your fitness goals. Her Winter Warmer Vegetable Soup is just the thing to warm you up on a cold winter's day whilst making sure you get your full quota of daily veg.

### Ingredients

1 red pepper - De-seeded and chopped  
 4 carrots - Peeled and chopped  
 2 large sweet potatoes - Peeled and chopped  
 2 chicken stock cubes (Or Vegetable)  
 700ml of boiling water  
 Teaspoon of basil  
 Teaspoon of oregano

### Method

- 1 Empty all ingredients into a sauce pan. Simmer on a medium heat for 20 minutes (Until vegetables are tender.)
- 2 Pour contents of the sauce pan into a blender and mix to consistency of your choice. I personally like to pulse to gain a thicker soup.
- 3 Serve and enjoy



# Aztec Studio Get Inspired



### Just keep swimming....

Meet Marianne Lewis, one of our Aztec Sunset members. We met up with Marianne so she could tell us her story and how swimming daily has had such a positive impact on her mobility.

### Please tell us about your injury.

I was signed off work long term with an acute frozen shoulder in September 2015 and struggled on until January 2016 in a considerable amount of pain.

### What treatment and advice was given to you?

I had various steroid injections and was advised to keep mobile.

### What was your exercise program within this time?

I swam as much as possible ... and was swimming 5 nights out of 7 per week religiously from January until September 2016.

### Have you noticed a benefit from your swim sessions?

I finally had surgery at the beginning of May 2016, was discharged from physiotherapy only 3 weeks post operation as I had made such a dramatic recovery. I swear that my speedy recovery was as a result of my daily swimming regime in the Aztec pool. In fact, I've now started to go back to my routine of 5 days of swimming a week as I find it is the best thing for my mobility.

### What advice would you give to others who are suffering with an injury?

To keep swimming and keep mobile. I really feel this was a massive benefit to me, much more than the steroid injections.

### What do you think about our facilities?

I enjoy coming here, the staff are lovely and friendly and it's always clean. And of course the 25 metre pool is perfect for swimming lengths. I always recommend it to friends.

## #Competition Winners

Well done to the winners of our monthly #Competition.

### #AztecSpaLove

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

### #AztecStudioFit

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

### #AztecGymGains

Well done Paul who wins a Free 1 month gym membership



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