PRESS RELEASE

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For immediate release

EXPERIENCE FITNESS FEVER WITH DAVINA’S PERSONAL TRAINERS

One of Devon’s top gyms is offering the chance to get fit with Davina McCall’s personal trainers.

The Aztec Studio in Torquay, part of the TLH Leisure Resort group of hotels, is organising a Fitness Fever Weekend on the 11th and 12th November, hosted by Jackie and Mark Wren, the husband and wife team behind the hugely successful Davina Workout DVD’s.

The weekend is being billed as “fast and furious”, with top tips from the couple credited with helping the celebrity get back into shape following her last two pregnancies.

It includes a full programme of classes on Saturday, with Jackie and Mark focussing on aerobics, body pump and core stability.

Afterwards, there will be the opportunity to relax in the stunning Aztec pool, or maybe enjoy a luxurious treatment in the spa.

The two-night break costs £110 per person (spa treatments are extra). Day passes are available for Saturday only at £30 per person. For more information or to book: [www.tlh.co.uk/](http://www.tlh.co.uk/) 01803 400500.

Notes to editors: The Aztec Studio and Spa are part of TLH Leisure Resort group of hotels, which is privately owned and family-run and comprises the Derwent, Victoria, Carlton and Toorak Hotels, plus self-catering apartments. The resort is spread over seven acres near Torquay’s seafront and provides a wide range of indoor and outdoor leisure facilities for holidaymakers and locals alike.

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