

Hi everyone

Phew – what a busy month, with the R4L event and our beach party now out of the way we have chance to draw breath and prepare for our Autumn programme.

The highlight will be our Breast Cancer Awareness “Pink month” in October with the usual array of fund raising games.

Back by popular demand and in conjunction with our Pink month, we will also be holding our “Sweat with your Sweetie” event. How much would you pay to see your other half dressed in pink undertaking a circuit?!! How much would *he* pay to stop us showing his friends?

More details on these events to follow.

It is clear from our Trader’s Noticeboard that many of our members operate their own businesses and we are considering showcasing one or two each month. If you are one such member and wish to be part of the showcase series please let Sandy or Sam know.

Finally, as a summer treat check out our fabulous Zumba offer running for this month – see overleaf

Have a great month and holiday season!

Sandy and the girls

Race for Life

Well, I think we have just about dried out!

It was incredible that all 3 races were run in pouring rain, and immediately afterwards the sun shone brilliantly!

Well done to all those taking part, it was great to see our CRW family being part of this fantastic event – check out our web site for pictures and stories.

Tropical Beach Party

Well we hope you had some fun during our three-day party – many of you wanted the scenery to stay up but you can’t be on holiday all of the time! (*Ed: shame*). Check out our web site or Facebook for pics.

The best dressed ‘holidaymaker’ award just had to go to Joan Law and Pat Phillips with a special mention to Sarah Gee.

The winners of the holiday quiz were Lucy Buller and Joanne Best.

Again, check out the photos on our web site.

Don’t forget – if you are travelling and want to work out at Curves, please ask Reception for your travel pass. All we ask in return is a photo of your visit to display on our wall

★ **Star of the month**

Congratulations to Sheila Jones who has lost over 22 inches, 19lb and almost 14lbs of body fat. Well done Sheila!

Zumba – Summer Offer

In-keeping with our 'Join for 6 weeks' summer offer for non-members, we are also announcing a promotion just for our members.

Until the end of August our Zumba sessions will be discounted by 50% making it a £1 per session – how good is that?

But there's more.....

During this offer period any member block booking five sessions will receive an extra free session, so £5 for six sessions!

And we've not stopped there either.....

Any member attending 12 Zumba sessions* during August will be entered into a free draw with a prize of one month's free Zumba!!

* only one session allowed per Monday sessions

This offer is only open to CRW members working out at CRW.

Using the Recovery Stations

Working hard on the machines for 30 seconds will bring up your heart rate.

We recommend that whilst you are on the recovery stations, doing as much aerobics as your fitness level will allow you is vital to maintain your heart rate.



The purpose of maintaining your heart rate is to prevent pooling. Pooling occurs when there is a sudden change in blood flow. If this occurs you may feel dizzy or faint.

So, remember to keep moving on the recovery stations and whilst you take your heart rate.

Curves Products

In case you have missed it there are some new products in our catalogue which are worth looking at. Check at Reception.

Did You Know...?

It takes 17 muscles to smile and 43 to frown.

After eating too much, your hearing is less sharp.

Bone is stronger than some steel.

It is not possible to tickle yourself.

You use 200 muscles to take one step.

Women's hearts beat faster than men's.

80% of the brain is water!

The Facebook logo, consisting of the word 'facebook' in white lowercase letters on a blue rectangular background.

Come and join us on Facebook where you can catch up on events and news plus feed-in to the chat line. And don't forget to tell us that 'Like us'.

www.facebook.com/curvesreadingwest.

Speak with Amy if you have any problems.

Finally, if you would like to receive this newsletter by email just email us at curvesreadingwest@yahoo.co.uk and we will send it to you electronically.

Please do share this newsletter with someone you care about...

Its great to be at Curves