

Hi everyone,

Well, with the lighter evenings and warmer days Winter suddenly seems a long way away and we will be leaping into Spring this month.

We have to apologise to you for some operational issues affecting the machines these past few weeks. Apart from software problems we have been sent ill fitting cylinders and this may have adversely affected your results. I am pleased to say we are now getting back on track and 'touch wood', these issues will have gone away very soon.

This month we are focussing on making your Curves experience better than ever and we will be working with you to ensure you obtain maximum results, checking your weigh and measures, reviewing your goals and of course have some fun along the way.

We encourage you all to embrace the Red Nose Day event as we try to raise money for a most worthy cause.

Finally, please come along to our special event for Mother's Day on 3 April Saturday afternoon day for tea and cake (and low fat goodies!) and a few games. See you there!

Have a great month.

Sandy and the girls

Star of the month

We are delighted to announce that March's Star of the month is Sukriti Arora who has lost 23lbs, almost 25 inches, and an incredible body fat reduction 16.29% which is the highest ever recorded loss at CRW. Well done Sukriti - wear your SOTM purple bib with pride!

Weight Management

We had a lively session discussing Carbohydrates last month and our next class is on 19 March at 12.30pm on the topic of 'Cancer prevention'. Please let Sammie know if you plan to attend.

ZUMBA – Non SMART

Having monitored our Zumba classes and listened to feedback from you, we have decided to continue to operate Zumba on a non SMART basis. Much of the thinking behind this decision is to allow you to enjoy the 'fun' aspect of Zumba as opposed to concentrating on SMART. There are also practical issues such as extracting the SMART key tag which seems to "get in the way" and slows down the circuit.

Milestone T Shirts

From this month we shall not be awarding milestone T shirts for 200 and 400 workouts. Instead we shall be issuing a Certificate of Achievement plus taking your photo and having this on display in the studio. Members can purchase these T shirts if they wish, cost £9.50.

Dates for your diary

1 Monday 7 March

Bonematters are back!

By popular demand we have arranged for Isobel and Tracey to come back to offer their bone density testing service. If you are concerned or simply want more information about Osteoporosis then this is your opportunity to talk to the experts. Appointments (including a bone density test) cost £30 (normally £50!) and last approximately 20-25 minutes.

1 Friday 18 March



Yes, Red Nose Day has come round again and we will be dressing up - arranging some fun and games in the Circuit and selling some tasty snacks and drinks. There will be a hula hoop competition where you can bet on which member of staff can "hula" the longest and special prize for the best dressed up member – the more outrageous the better, of course!

1 Tuesdays in March

SMART Clinic

Following the introduction of the latest SMART software, you may have difficulty in fully understanding your results, so for this month only from 8 March each Tuesday and Friday morning you can "check out" your results at our special clinic

1 Saturday 3 April

Special "Mother's Day Eve" event

We are staying open on Saturday afternoon from 12.30 – 3.30pm so you can bring your Mum or your daughter in for a cuppa, a cake and a few laughs – and of course show off your Curves!

To make you feel special for the big day, Becca will be on hand offering Mother's day manicures at the bargain price of £5 – book early to avoid disappointment.

1 Race for Life 17 July

Registrations are now being taken for the R4L event in Prospect Park, Reading. As in 2010 there will be races on the Saturday and Sunday and we are encouraging our ladies to register for the Sunday morning race at 11am. This year we shall be "running" with Curves Lower Earley

More details to follow and once you have registered please note the list on the Member's Noticeboard with T shirt size.

Its great to be at Curves!