

Curves®

Reading West

November 2010

Hi everyone,

First a massive thank you for your tremendous support last month – the latest count suggests we have managed to raise over £1000 towards Breast Cancer Care which is just brilliant. I hope too that you all enjoyed the Pink activities we held during the month and it was great to see the studio turn pink each Friday.

Our Girl's Night In was very well supported and for those who came, I hope you found it informative and fun.

This is a nice link to the Bra Bank which has returned and we are happy to receive any unwanted bras so keep them coming in please.

Well the action doesn't stop this month as we look forward to our Sweat With Your Sweetie social evening – both evenings are now fully booked and we will report on the King of the Circuit next month.

Watch out also for our "Backwards Day" when we see how good you going round the "other way"

Finally, an apology. We promised you a new machine last month but with everything else going on we have held this back and wrapped it up as an early Christmas present next month - watch out!

Have a great month

Sandy and the girls

"STAR OF THE MONTH"

We are delighted to announce that November's star of the month is Aneta Paszko who has lost over 18 lbs, in excess of 18 inches, and a body fat reduction 4.2% which is brilliant. Well done Aneta - wear your SOTM purple bib with pride!

WEIGHT MANAGEMENT

Please note our class this month is on 13 November. Last month's session was very informative with member Vera Azuike, a professional psychotherapist teaching us how to use our imagination to help lose weight. Some the tips she gave were very useful and we hope Vera will do some repeat sessions in the future

Do let Sammie know if you wish to join the group – there is no charge for attendance.

'00 CLUB WALL

To mark your fantastic achievements we now have a dedicated wall to celebrate our member's milestone workouts – Congratulations everyone!.

GIRL'S NIGHT IN – RESULTS!

Again, many thanks to those who came to the Girl's Night In – it was great to see so many of you there to support this worthy cause.

Congratulations to Susan Barham who won our CRW Pink Lady competition. Susan not only made an effort with something different each Friday but even one week when not feeling very well, couldn't miss the opportunity to visit and dress up once more!

Sarah won the coveted CRW Pink Lady jacket, a pink wig and crown, plus a Curves goody bag and a free month's membership.

Special mentions also go to Pam Downing, Erica Clarke, Christelle Burns and Pat Phillips who all won a Curves bag, A big thank you to everyone who dressed up.

Our super pink raffle was drawn at our Girl's Night In event and Marianne Atkinson won the star prize – a pink digital camera – lucky you!

Clare McSoley won our Guess the number of Bon Bons competition – it was 451 - and wins the bon bons (!) and finally Dee Anderson won the pink picture board competition, and wins a £25 M&S voucher. Dee and mum, Janet both got the same score but Dee's name came out of the hat.

SWEAT WITH YOUR SWEETIE



Well it has nearly arrived. On the 9th and 16th (7.30pm start) we will break our house rule and allow men to experience the Curves circuit.

Each evening there will be 10 couples where the “other half” will do a 30 minute workout coached by the Curves member and there will be a prize for the best “Hula Hooper” and the King of the Circuit will be crowned with a celebratory glass of something.

POLITE NOTICE – RECOVERY BOARDS

As we get into the wet and rainy (? and snow) season please bring a spare pair of trainers to workout in. We take pride in the appearance of the circuit and dirty recovery boards do not help this cause. Circuit coaches have been issued with red cards to send off any offender!!

It's great to be at Curves!