



Reading West

October 2010

Hi everyone,

First a big thank you to those who joined us for the Macmillan coffee morning and in particular to those who contributed towards the cakes and other tasty morsels. We managed to raise £115.02 which will go towards paying for home visits by a Macmillan nurse.

Congratulations too to Mandy Begley who won a free month subscription by winning the celebrity picture board.

Well, what an action packed month we have lined up for you this month as we seek to raise money towards Breast Cancer Awareness, and I ask you to dig deep again as we try to fight against this dreadful disease.

See below for our programme of events and look out for notices giving further information. I do hope we can turn the studio pink by having you all workout on our Pink Fridays and have some fun along the way. Enter our Pink Lady competition to win a free subscription plus a Curves goody bag – winner to be announced at our Girls Night In event planned for the 28th. NB numbers for this event will be limited so please book early to avoid disappointment.

Have a great month

Sandy and the girls

“STAR OF THE MONTH”

We are delighted to announce that October's star of the month is Esme Bates who has lost over 34 lbs, in excess of 28 inches, and a staggering body fat reduction 7.5% which is just brilliant. Well done Esme – wear your SOTM purple bib with pride!

WEIGHT MANAGEMENT

Please note our classes have restarted – see noticeboard for details. Each month there is a different topic for discussion supported by existing members who have successfully followed the Curves programme. Sam, our resident nutritionist is always on hand to offer 1:1 guidance.

OCTOBER PROMOTION – claim your loyalty points!

As part of our Breast Cancer Awareness month we will be waiving our service fee from new members in return for a donation towards BCA. Use your CRW Loyalty card - introduce a friend and you both “win”!

OCTOBER – BREAST CANCER AWARENESS MONTH

As mentioned last month CRW will be playing an active role in this worthy cause and our aim is to beat last year's total raised of £1256.95. This was such a fantastic amount it would be brilliant if we can reach this figure again.

So each Friday this month we ask you to work out in pink and enter our "Pink Lady" competition where each week 2 ladies will be nominated for the CRW Pink Lady award to be announced at our Girls Night In on the 28th. If you work out in pink we ask for a £1 donation.

Each Friday we will have cakes and drinks to sell.

We will also launch our Super Pink Raffle on 1 October –the star prize this year being a digital camera.

The raffle will be drawn at Our Girls Night In where will have some brief talks on Breast Cancer, a DVD presenting our very own Liv Aid product, followed by a social gathering. Entrance is by prepaid ticket £3 which will include a free drink. We will need to cap numbers so please book your ticket with Reception NOW!

SWEAT WITH YOUR SWEETIE



This is your chance to show your other half how fit you are and that Curves is not just a "girlie thing".

So on 9th or 16th November (7.30pm onwards) you are invited to bring along your partner where you can get your revenge, err sorry, be the circuit coach as you put him through his paces. We can assure you he will never complain at you going out again!!

Numbers will be limited to 10 couples per session and as a donation towards the local MS Therapy centre, we ask for a £5 entry fee. We shall finish with a coronation for the King of the Circuit and a celebratory glass of something.

Because of the limitation in numbers please act fast by emailing your entry to curvesreadingwest@yahoo.co.uk headed "Sweat/Sweetie"

It's great to be at Curves!