

Curves®

Reading West

April 2009

Hi Everyone

Well, what a busy month March was.

Many of you would have noticed the bags of food at the back of the studio donated by new members as part our Food Drive. I should like to thank everyone concerned and look forward to handing over the goods to the local charities. I hope we can get some Press coverage and show what a generous Club we are!

And speaking of generosity, we raised over £200 on Red Nose Day - again thanks to you all.

Our Fight Like a Girl special event was very well received and I hope those attending will feel better prepared if the worse came to the worse –fingers crossed your new skills will never be needed.

Looking forward to the warmer and longer days we shall be focusing on looking good for the Summer and so will be launching our Weight Management programme shortly – see overleaf.

Finally, just to remind you that our new opening hours are introduced this month. These are on a trial basis only and are in response to your feedback. Hopefully we have found the right balance but please tell me if not.

Take care

Sandy

Club Tel. No. 0118 9503657

CLUB MEMBERSHIP

Membership continues to grow and it is interesting to see how ladies become aware of Curves and our research shows this is mainly via friends or a relation. In response to this we are holding a “Split the service fee” offer if 2 friends join during April and May. It follows that any member introducing 2 friends will receive a gift or a bounty of Curves Cash.

Members’ feedback also showed that you liked last month’s report on the total Club weight/inch lost so we will make this a regular feature. So..... since the new year you have lost an amazing 346 pounds and 364 inches. These are fantastic results and we have noticed some new shapes emerging in the membership – well done to everyone and keep it up!

“STAR OF THE MONTH”

You will have seen the new noticeboards which track members’ progress in losing weight/inches and the aim is to get as far round to the right as possible – or as far as you want to. You will also have seen the Gold Star noticeboard where we will feature our Star of the Month. I am delighted to announce April’s star is **Amy Greenwood** who since joining has lost 16lbs and 15 inches.

Amy’s reward is a “Curvalicious” T Shirt – well done Amy!!

Special mention must also go to Aimee Wakefield who joined us from Lower Earley. Aimee has lost a staggering 51 lbs !

Finally a further mention must go to Vicky Sperry who has completed her 100th work out. Aimee qualifies for one of our special T Shirts.

CURVES CA\$H – STARTS THIS MONTH!

To have some fun and encourage you to reach your goals we are launching Curves Cash to run through April, May and June. This will enable us to reward you for meeting your goals or just for trying hard – we are at liberty to reward you for anything! Remember also that each member as at 1 April receives \$3 to get them started.

Every time we feel you deserve a reward we shall give you some Curves dollars and you can either buy something immediately or save your cash for a larger item of Curves products. The “Tariff” is displayed on the noticeboard, and will be updated as new products come on. For T shirts, shorts or trousers, we cannot always guarantee all sizes to be in stock so there may be a short delay once you have placed your order.

If you haven’t spent all of your cash by the end of June don’t worry, Curves Cash will start again in October till December and you can carry over your “money” till then.

FORTHCOMING EVENTS

Weight Management

Next month, commencing 7 May 2009, we will begin our 6-week structured weight management programme. Classes will be held each Thursday at 7pm lasting an hour. The programme aims to educate, advise and support members throughout the course. Places will be limited to 20. There will be no charge to attend but any supplements or products will be at a cost.

If you wish to take part on the weight management programme please speak to a member of staff. Places will be allocated on a first come first served basis.

Race for Life – 19 July

We have around 20 members who have put their name down to participate in the “race” to be held at Prospect Park. **Remember we are attending the 11am race.**

It seems there will be 3 categories representing Curves Reading West – the strollers, the power walkers and the “professional” runners. We shall be giving away a prize to the winning member and each participating member will receive a Curves T Shirt. All of the Curves staff will be “running”.

Even if you are not in the race why not come along to cheer on the girls – we shall have our Curves Gazebo there and refreshments will be on hand for all.

Its great to be at Curves!