

Curves®

Reading West

August 2009

Hi Everyone,

CURVES SMART IS HERE!

Fantastic news – ahead of schedule we have been selected to be part of the Curves Smart training community and will have it installed on Friday 7 August – I am sure you would have seen the decorations in the studio!

Curves Smart is unique, and brings state of the art technology to personal fitness. It provides moment by moment feedback on your workout and its' 'Intellisense' software enables it to adjust the workout to fit your abilities and levels of fitness. We are so excited with this and know it will improve your results and overall Curves experience. You won't get this anywhere else!

Existing members will have a choice to convert to Smart but new members will only be offered Smart. Please speak to me or the girls if you have any questions. Because of the short time frame we have hurriedly organised members' briefings but don't worry if you have missed them

Please note; we shall be closed all day on 7 August to allow for installation and staff training - but will reopen the next day much "Smarter"!

Have a great month

Sandy

CLUB NEWS

Your Club membership continues to grow as ladies become aware of how different (and better of course!) we are than other clubs and the arrival of Curves Smart is another way of saying "thank you" to you all for making Curves Reading West the place to be. Growth in numbers means we shall have to monitor our opening times to ensure there is no waiting time to get onto the circuit

Total Club weight/inch lost this year is now **969 pounds and 854 inches!** In weight that's 69 stone – on average almost 5 people – where have they gone?? Well done everyone – keep focused on those goals. At this rate our target by year end of 1200 pounds and 1000 inches is looking within reach.

"STAR OF THE MONTH"

I am delighted to announce July's star is Julia Goodridge who since joining has lost 31 lbs and just over 22 inches.

Julia's reward is a Curves T Shirt – well done Julia.

Our stars of the month qualify to be included in our 2010 Calendar. If you want to be featured now is your chance – only 4 places left (yes, we can count – December will feature everyone). Over to you.

Spotlight on

Sabbie

CRW: All of the Curves staff have children. Tell us about yours

Sabbie: I have 2 daughters aged 16 & 19

CRW: What is the most daring thing you have ever done (excluding being a Curves circuit coach of course!!)

Sabbie: Paragliding in Tunisia

CRW: What is your favourite piece of clothing

Sabbie: My Curves T shirt! (Ed – bet it's the yellow one with the sparkly 'Curves')

CRW; What hobbies do you have

Sabbie: Volunteer work, swimming, films, dancing and jogging.

CRW; Where would you most like to go on holiday, and why

Sabbie: I would love to go to Africa on a safari to see the wonderful wildlife.

ANNE DIAMOND JOINS CURVES!

Many of you will know of Anne Diamond from her Breakfast TV days and will be aware of her battles against weight gain over the years. Anne has become a member of her local Curves club (not here sadly) and has a website called Buddy Power which has a podcast of a Curves site on the front page. She has interviewed some of the members and will update this over time as she continues her Curves journey. See buddypower.net

RACE FOR LIFE 19 JULY

Well what a day! In blustery conditions we managed to keep the gazebos on the ground and fortunately the rain held off. All 3 local Clubs participated and we are so proud to announce that Julie, one of our own circuit coaches came fifth (out of 3000!) in the morning race. I am sure many of you will be aware of this as she has put her photograph on the screen saver as a reminder (and welcome of course!) of her efforts. She is certainly the employee 'Star of the Month'.

All of the Curves "runners" looked splendid in their green T shirts and stood out from the rest of the pink-clad ladies, and received hearty cheers and applause as they came past our position.

A great day, so well organised as usual, and we are already looking forward to 2010!

FRIDAY FRIEND SCHEME

From 1st August we are introducing our Friday Friend scheme which will allow members to bring in a friend to receive an introduction to the Curves experience. Contrary to what was mentioned in last month's newsletter, for insurance purposes we cannot allow the friend to try out the equipment but they will receive a full introduction and tour of the studio. Remember if you bring in a friend your name goes into a prize draw!

It's great to be with Curves!