



Curves®

Reading West

December 2009

Hi Everyone,

First, I am delighted to report that we raised £1296.95 towards Breast Cancer Care which is just fantastic – thank you all again.

On the negative side we had a very poor response to our Retail and Pamper evening scheduled for 18 November so we had to cancel. Given the success of our pamper event in June this was very disappointing and as we don't want this to happen again, I should like your feedback as to why this did not raise your interest. At the same time I would like to receive any suggestions from you for organised events. On this point see 2010 Events Calendar below and some ideas so far.

So Christmas is nearly here and we shall be holding our party on 18 December where you can join in at any time of the day – see below

Then, keeping the party mood going well into the New Year we have our first birthday party to look forward to on 5 January – what a fantastic journey it has been so far.....

We shall be closed for staff training on Monday 14 December but will be open from 8-4pm on the previous Saturday

From all of us at Curves have a great month and prosperous new year!

Sandy & the team

CLUB NEWS

Opening hours

Remember on a trial basis only we now open from 8am till 8pm on Wednesdays, closing for an hour from 3-4pm. Please note that the first hour from 8am is for workouts only. We shall review this at the end of December. Your feedback is also welcome.

Christmas/New Year Opening hours

We shall close at 12 noon on both Christmas and New Year's Eve. Last workout will therefore be at 11.30am.

We shall also be closed on 28 & 29 December and 1 January, so you have just 2.5 days in between Christmas and the New Year to work off those pounds!

See notices in Club.

Staff changes

I am sad to say that Julie will leave us on 6 December. Julie has been a great asset to the team since we opened and has been instrumental in helping us set up our finance and admin systems. We all wish her well in the future.

"STAR OF THE MONTH"

We are delighted to announce that **YOU ARE ALL STARS** this month and we thank you for making Curves Reading West a great place to be.

Curves Calendar 2010

Our 2010 calendar featuring the 2009 Stars of the Month will be on sale shortly. Don't miss this opportunity to support your Club, buy a present for your friends and family and make a charitable donation at the same time – now that's what I call multitasking!

Prices are now on sale at a great price of £6.95 or 2 for £12.

Look out for the display shortly.

All proceeds towards Sue Ryder Homes.



Christmas Party 18 December

Come and join us at our party in the studio – exercise and singalong to the latest Curves Christmas music and have some fun. We shall be playing some games and dressing up. We shall be running our free tombola throughout the Day. There will be free mulled wine (or other light refreshments) and mince pies to get you in the mood.

2010 Events Calendar

Our plan is to provide something different for our members and below is a provisional list of planned events for 2010. If you have an idea for an event which you think we would all enjoy please let us know.

Jan - Fight like a girl workshop – self defence for women

Mar - Girls Night In – discussion on breast cancer awareness.

June – Pamper evening – get ready for Summer

Oct –Quiz Night

Dec – Trip to Bath Christmas market *

* This event is subject to demand from members or their guests. Specific events & cost will be advertised on the Forthcoming Events Noticeboard.

It's great to be with Curves!

