



Reading West January 2010

Hi Everyone – and a happy New Year!

I trust you all had a great time over the festive period and if you have resolved to get or remain fit and healthy then Curves is the best place to do it!

Well 2009 left its mark with the snowfall which played havoc with our opening times. Moving around was almost impossible for a few days and in the interests of safety of our members and staff we took the decision not to open as planned. Apologies for any inconvenience but we felt it was the right thing to do.

This is the time of year when we all do a lot of self analysis and set ourselves new goals and the Curves team is ready and willing to help you. Let us know and we would be delighted to discuss and set some new targets.

We start the new year with our 1st birthday on the 5 January when we will have some circuit fun and give away some prizes - please do join us.

Finally, we will shortly be launching our Weight Management Classes and February will see a return of the Fight Like a Girl workshop – look out for Notices in the studio.

Have a great month

Sandy

CLUB NEWS

Opening hours

Following a successful trial we are now permanently 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.

“STAR OF THE MONTH”

We are delighted to announce that the first star of 2010 is Jacqui Joseph who since joining has lost 28lbs, over 19 inches, and body fat reduction of 5.5% which is just fantastic - well done Jacqui!

Non SMART members

Remember if possible start your circuit in front of a SMART member and this will not slow you down.

Curves Calendar 2010 – it’s not too late!

There are still a few Calendars available for sale – ask at Reception. Our 2010 calendar featuring the 2009 Stars of the Month is now on sale at the reduced price of £6.00 or 2 for £10.

All proceeds towards Sue Ryder Homes.

Weight Management

Sammie, our resident nutritionist will be leading our classes, starting later this month. The Curves format has been enhanced and changed to the extent that classes will be held monthly and not weekly as previously. Watch out for the Notices

Postcard from Curves Haines City, Florida, by a CRW member

"Well having booked a Christmas/New Year holiday in Florida I wanted to keep my workouts going so obtained a Curves Travel Pass as this allows me to attend the Curves studio as many times as I want - it has provided me with a different experience which I should like to share with you.

First point to make is the "Curves fun" does exist and although I missed Sandy and her team cajoling and motivating me I did enjoy the circuits. They have a dance mat and moves which include rocket kicks, jazz hands, clapping and the twist. There is not a hula hoop but a machine that stretches you and warms you down plus a few machines that work those lower back muscles to improve the tum. I will be 10 stone in no time- well here's hoping - hovering around the 14.7 mark at the moment!

The Haines City club operate the Curves Weight Management programme but I am a little sceptical on the merits of the various supplements needed to boost weight loss. I have spoken to Sandy about this and will discuss some ideas when I get back

Many of the recovery station exercises we have at Reading West are also used, eg marching, clapping and boxing and there are a few new moves which I will suggest so we can all enjoy them.

In closing I do recommend if you are travelling to get a Pass and try out the local Curves club - there will always be something different to experience and share with our members. See you soon!

Ed – This member suffers from MS and experiences chronic fatigue. One of her new year's resolutions is to "dance like there is no tomorrow". She adds,

"Due to my MS I have two left feet at times and wobble, and sometimes feel like a drunken weeble toy from the 1970's. However I am determined to get a grip and enjoy myself. I have lost a stone since Nov and already my energy levels have improved. I have not had any arm or leg fits at all (touch wood) and I feel like a miracle has started - I was having them every day. I feel truly blessed".

I am sure we all support her with her goals.

**Fight Like a Girl workshop
13 February**

Back by popular demand we will once again be holding the self defence workshop where you can learn new skills in the event of a personal attack.

It is amazing at the feeling of empowerment and confidence attendees experienced following the last workshop and we do hope you can join us.

This event is valuable and so is open for members and their guests – look out for the Notices in the studio soon.

It's great to be with Curves!