

Curves®

Reading West

June 2009

Hi Everyone

First, a big thank you for those who sponsored my midnight walk – after chasing round a few more friends and family I have managed to push my contribution to over £225 which is fantastic. The walk itself was great fun and I shall be looking for some of you to join me next year!

The Club event this month is our Pamper Evening where we have a great line up for you all to enjoy – an exercise free evening where you can treat yourself from a makeover to buying some jewellery - again see below for details- it would be great if everyone could attend.

PLEASE NOTE – WE SHALL BE CLOSING AT 6PM ON THE NIGHT OF THE PAMPER EVENING

With the holiday season almost upon us remember your Curves membership entitles you to exercise anywhere in the world – so if you need a Curves passport let one of us know. All we ask of you is to bring back a photo or two of the Curves you visit.

Have a great month

Sandy

CLUB NEWS

Total Club weight/inch lost this year is now 729 pounds and 581 inches. Well done everyone – keep focused on those goals – if you need help speak with one of the Curves team – we want you to achieve them as much as you do!

WEIGH & MEASURE

Do remember to book your weigh and measure – this helps you and us to know what we are working towards and provides us both with an opportunity to re-energise and motivate – you know it makes sense. Those goals that YOU set won't go away.

You will have noticed a growing number of names moving towards significant weight or inch loss – if your name isn't there why not set yourself another goal to join them.

“STAR OF THE MONTH”

I am delighted to announce May's star is **Lisa Harrison** who since joining has lost 28lbs and almost 26 inches.

Lisa's reward is a Curves T Shirt – well done Lisa

Our stars of the month qualify to be a included in our 2010 Calendar so now is your chance to be included.

CURVES CA\$H

Its the final month of Curves Cash till October. You can of course save your “money” till it re-opens but if you want something now then challenge the staff to reward you!

FORTHCOMING EVENTS

Pamper evening 30 June

Why not join us in the studio for a relaxing evening with your fellow members. Please also feel free to bring your friends. Doors open from 7-10pm.

The line up is:

Indian Head Massage

Mini manicures & make overs

Reflexology

Threading

Bling n things - Costume Jewellery

LK Collection - Ladies Accessories

Footnotes - (if you haven't heard of Fitflops then now is your chance)

In addition we have Virgin Vie and Aloe Vera products on sale.

Don't miss this fantastic opportunity to have some more quality "me" time – you deserve it.

We have agreed that prices for any treatment will start at £5. Treatments between 7-8.30 can be pre-booked on payment of a deposit. Any treatments after this time will be served on a first-come-first served basis.

Admission is £3.50 to include a free drink and entry into a prize draw.

Race for Life 19 July

Do remember the Race for Life event at Prospect Park where if you are not "running", you can come and support the Curves Reading West team – look out for the Curves gazebo and the bright lime green shirts!!.

Left behind Property

We must make the point that Curves cannot be held responsible for the loss of any property/clothing left behind in the Studio. Whilst we encourage all members to take home their property any left must be "stored" in the open wardrobe and not in the changing "boxes". Any property left for more than one month will be given away to charity.

Competition time

We did not have a winner of last month's picture competition. The answer was

- 1) a member is getting married, and
- 2) the location is Spain

Its great to be at Curves!