

Curves®

Reading West

June 2010

Hi everyone,

I hope you enjoyed our election day fun – our exit poll showed CRW to have staunch labour support with over 50% of members voting for Gordon Brown, now the ex PM and ex Labour leader. I don't know about you but over the past few weeks I have seen and heard so many people talking about politics – have we all gone intellectual or are we worried we're all doomed!!

Remember, to get the best results, you must try and workout at least 3 times per week. Whilst we encourage you to do this, some slip by the way side and then question their results. Only one person has the answer.....

Arrangements for our pamper evening are now finalised and we have a great line up of treatments and side stalls for your pleasure and enjoyment – see below and Notices in the studio.

Finally news of our proposed theatre trip. Many of you expressed an interest and would have received an email giving further details. If you did not receive this mail it is because we do not have your email address so check out the article below.

Have a great month!

Sandy

CLUB NEWS

Weight Management

Look out for the next weight management class. Due to holidays we have had to reschedule. We are achieving some great results – look out for our “real” stories in future newsletters. New members are always welcome to join in and we can introduce you to the programme.

“STAR OF THE MONTH”

We are delighted to announce that June's star of the month is **Julie Braxton** who has lost over 19lbs, in excess of 23 inches, and body fat reduction of 6% which is brilliant - well done Julie – wear your SOTM purple bib with pride!

POLITE NOTICE - RUBBISH BINS

The rubbish bins have been withdrawn from the 2 changing cubicles for health & safety reasons. This was because soiled sanitary towels were being left, despite the fact that notices were put up directing the use of the proper sanitary disposal bin in the toilet. Apologies to those who have been inconvenienced. Please do not leave any rubbish in the cubicles. Thank you.

BOOK SIGNING

On 2 June local author **Christine Brooks** will be holding a book signing event in the studio. Her latest novel, titled “A Quiet Village” is a ‘who done it’, features Curves, and a very good read. Christine will be here all day

“Jacko” Day – 25 June”

Continuing our themed sessions, and to mark the first anniversary of Michael Jackson’s sudden death, we will be playing his songs all day. Members wishing to ‘dress up’ are welcome so we want to see plenty of gangster hats and white gloves!

A special prize for the best “Moonwalk”!

CRW Loyalty Scheme

We are delighted to introduce the launch of our loyalty scheme this month where upon introducing new members you will qualify for rewards, ranging from free membership fees to spa days. We shall be distributing the credit card-size cards during the week commencing 7 June.

Pamper Evening – Thursday 1 July

This event will take place at the Emmanuel Methodist Church just 100 metres from CRW. All treatments are at discounted prices and you can pre-book an appointment at Reception. For those who attended last year remember tickets sold out prior to the event so to avoid disappointment purchase your ticket now. Cost of admission is £3 to CRW members and £3.50 for non members which includes a free drink and entry into our prize draw.

See Notices in the studio for further details.

RACE FOR LIFE

Will finally arrive on 18 July at Prospect Park. This is a major event for Curves and we would love to have as many “runners” as possible. Remember, you can run, walk or even crawl for this very worthy cause.

Those participating will each receive a special Curves R4L 2010 T shirt. Please check the Noticeboard for registration details and note the list to “order” your T shirt.

Even if this is not your thing, we would love to have as many supporters as possible. Remember we are running in the 11am race on Sunday 18th, although Curves will have a presence there at the two Saturday races. Check the Noticeboard for details

Theatre Trip



After much deliberation we have decided to arrange the theatre trip to see Calendar Girls. You will all know the (true) story of a local WI group wanting to do something different and the production of a “risqué” calendar brought the WI Establishment to its knees. The 2010 tour is stopping at the New Victoria Theatre, Woking in September and including coach travel the cost will be £40. This is based on 30 attending so the more that come the less it will cost. Seats will be in the Grand Circle or Stalls. Before booking we need a definite commitment from you with number of tickets required. See the Noticeboard for details – closing date is 30 June.

It’s great to be with Curves!