



Reading West

March 2009

Hi Everyone

This month's newsletter is jam packed with information on the development of the Club and details of forthcoming events – its going to be busy so read on.

Well, the first 2 months since opening have been fantastic and I hope you are having a great time when visiting.

As you will know we have carried out a census on when you prefer to exercise with a view to adjusting our opening times. We have then compared this with our Traffic Reports and have made some minor changes – please see overleaf.

Finally, our web site is now operational and you can learn more about Curves and keep up to speed on what's happening – check out www.curvesreadingwest.co.uk

As mentioned on the Members' Noticeboard, it is easier to send the newsletter electronically so please give us your email address if you haven't already

Take care

Sandy

Club Tel. No. 0118 9503657

CLUB MEMBERSHIP

Curves really does cater for everyone. Did you know that our members' ages range from 12 to nearly 80?

At the time of writing, together you have lost a staggering 103 pounds and 226 inches – amazing when you think this is the first round of Weighing/Measuring – well done everyone! We now have our Members' Achievement table on display. "Our Star of the Month" will also get a special mention and gift! Now there's a challenge....

"POWER TO AMAZE YOURSELF"

As you will see from the studio window this phrase is one of Curves' strap lines and it is so true. One member came in recently and looked so pleased with herself and when asked why she said she had lost 10 pounds and 14 inches. She was on such a high when she left she had to duck to get through the door! To see her face made us feel this is all worth it.

We have also received some kind words from a member from South Africa who was visiting the UK and exercised here whilst she was in the area. Apart from her thanks she said what a great team we were - this made it so much more enjoyable for her.

It is also amazing that the number of enquiries we receive from potential members originate from a referral from a friend or relation. As mentioned previously your workout is much more fun when you do it with a friend or relation so if you have anyone who might be interested bring them along – remember you will qualify for a free Member's Guide if you provide us with 3 names and they become members.

OPENING TIMES

To better suit your needs our Opening times will change **with effect from 1 April**, as follows, (changes in red)

Mon 10am – 3pm 4 – 7.30pm

Tues 9am - 2pm 4 – 7pm

Wed 10am – 3pm 4 – 7.30pm

Thursday 9am – 2pm 4 -7pm

Fri 9am – 2pm 4 – 6.30pm

Sat 8 – 12midday

These changes are on a trial basis only

FORTHCOMING EVENTS

Food Drive

From 9 – 27 March we are running the Curves annual “Food Drive” where in return for a carrier bag of non perishable goods, the service fee will be waived for new members. The food will go to our nominated local charities which are:

RSHP – Reading Single Homeless Project

CIRDIC – Churches in Reading Drop-In Centre

FAITH Christian Group

Food donations are expected to cost in the region of £25.

Members too can play a part in this worthy cause and any donations would be gratefully received.

Red Nose Day – 13 March

The Curves team will be dressed in their RND T shirts and we plan some fun and games and hope to raise as much cash as we can.

All members are encouraged to wear something red – noses or any Comic Relief T shirts included – and join in the fun. We shall donate £1 for each member wearing a nose!

Fight like a Girl – 28 March

This is a Saturday after closing event which will last around 2 hours. Watch the expert and learn how to defend yourself.

We have to make a charge to cover our costs and this will be £10 for members and £15 for non members.

If you are interested please put your name down on the list on the Noticeboard.

Curves Cash – starts 1 April

We are launching Curves Cash to run for April, May and June (and then again later in the year). This will enable us to reward you for meeting your goals and for you to purchase Curves products – and this is no April fool – we are giving you \$3 to start with!

Watch the Noticeboard for the price list.

Its great to be at Curves!