

Curves®

Reading West

May 2009

Hi Everyone

Isn't it great now that Summer is on its way – it's amazing how a little sunshine can brighten up everyone's day – and with the longer days you have no excuse not to be here!

It is certainly going to be hot at Curves. We have our first Weight Management programme starting on the 7th and we are lining up a Pamper Evening in June - see more below.

This month will also lead us into a busy season where we shall be taking Curves out to the local community by attending school fetes and other public events so if you spot us at one of these events do come and say hello – we know there are lots of ladies out there who are not as lucky as you so we want to tell them what they are missing!

Finally, I am also doing the Midnight Walk in aid of our local Sue Ryder hospice on 9 May where it looks like more than a 1000 women will be walking around Green Park. If you can't join me I would be most grateful if you could sponsor me – see the Notice in the studio!

Have a great month

Sandy

Club Tel. No. 0118 9503657

CLUB MEMBERSHIP

Total Club weight/inch lost this year is now an amazing 415 pounds and 409 inches. Well done to everyone – keep at it and that summer wardrobe will fit this year!

WEIGH & MEASURE

Make sure you book your appointment when reminded – remember those goals you set when you first joined – they haven't gone away!

“STAR OF THE MONTH”

I am delighted to announce April's star is **Erica Clarke** who since joining has lost 24lbs and 18 inches.

Erica's reward is a Curves “Change Stations Now” T Shirt – well done Erica!! Who's next?

Our stars of the month qualify to be included in our 2010 Calendar so if you can see yourself as “Miss June or Miss September” then the challenge is set.

CURVES CA\$H

Are you playing along – and are we paying up? Curves Cash is into its second month now and if you feel you deserve a reward tell the staff why, and I am sure they will agree!

Remember Curves Cash will close down for the summer on 30 June and restart in October so if you have your eye on something, go for it now!

FORTHCOMING EVENTS

Weight Management

Our first class begins on 7 May when we begin our 6-week structured weight management programme. Classes will be held each Thursday at 7pm lasting an hour. The programme aims to educate, advise and support members throughout the course. This first class is being held in the evening but due to demand it is likely that we shall start an afternoon course soon – again watch out for notices on this.

If you wish to take part on the weight management programme please speak to a member of staff. Places will be allocated on a first come first served basis.

Pamper evening Tuesday 30 June

We are looking to hold an “exercise-free” evening when you can take off those trainers and come and relax with your fellow members, and also take in some retail therapy.

More details will follow shortly but we are looking at mini make-overs, massages, nail-care, plus Virgin Vie, Bling n Things (costume jewellery) and LK Collection (exclusive ladies accessories).

There will also be some light refreshments and nibbles available.

WEDDING CONGRATULATIONS

to Mehwish Mehmood who is getting married on Saturday 2 May – have a great day

A MOAN FROM US

You would have noticed we have introduced a “moan” recovery board where you can pretend to have a rant at anyone you choose – as long as you keep it clean and move whilst you do it!

On the point of keeping it clean a moan from us is to ask you to make sure your shoes are clean when entering the circuit – we have had a number of instances where the cleaner has had to scrub the recovery boards to make sure they are clean for the next morning, and this ultimately wears out the rubber surface. Ideally it is best if you bring a spare pair of shoes so you don't bring in the outside dirt.

** Competition time **

Below you will see a picture recently sent in to us. To win a T Shirt (or any other Curves product of your choice), can you tell us;

- a) Why it was sent to us, and
- b) In which country it was taken

Email your entry to

curvesreadingwest@yahoo.co.uk

headed “May comp”

