

# Curves®

Reading West September 2009

Hi Everyone,

*It seems strange writing this newsletter for September as this month tends to signal the end of Summer and yet I feel we haven't really had a long hot spell since June. Oh well, as usual, let's hope for an Indian summer to keep us warm till October!*

*It has been an exciting but scary month for us all as we get used to Smart and for those who have chosen to convert I hope you are as pleased as we are. It certainly has taken your workout to another level and I am sure you will see better results going forward. I am proud to say we are now a Smart facility and am more than happy for you to tell your friends. If you have not converted, or still making up your mind, please feel free to speak to any of us if you need more information. Of course we fully respect those who have decided not to go on Smart, and we will continue to ensure your workouts are fun and rewarding.*

*Finally I must mention our Open Day scheduled for 4 September. As reported last month, Anne Diamond has joined Curves(not ours) and has agreed to be in the studio from 2pm so on this day we shall **be open all day from 9-6.30***

*Have a great month*

*Sandy*

## CLUB NEWS

### CURVES SMART FEEDBACK

We have received one or two adverse comments from members on the Smart equipment and we do understand some of the points raised. However, whenever there is 'change' in our lives we always take time to adapt so we ask that you be patient, take a long term view of how better your workout will be, and we are sure the negativity will subside. Please speak to one of us if you are struggling.

### "STAR OF THE MONTH"

I am delighted to announce August's star is Ida Spiller who since joining has lost 31 lbs and just under 31 inches.

Ida's reward is a Curves T Shirt – well done Ida.

We shall shortly be making plans for the production of our 2010 Calendar shortly and if you want to feature there are only 3 months to go – go on, go for it!

### FORTHCOMING EVENTS

We are planning to hold a Girl's Night In on 20th October as part of our Cancer Awareness initiative – more details to follow.

Also, plans are being made for another Fight Like a Girl workshop and in running up to Christmas, a further retail/pamper evening – watch this space.

Spotlight on .....

## **Julie**

*CRW: Tell us about your children.*

*Julie: I have 2 sons, Joseph (8) blonde and serious, and Callum (7) ginger and cheeky*

*CRW: What is the most daring thing you have ever done (excluding being a Curves circuit coach of course!!)*

*Julie: I must be the most risk averse person so not the daring type. I did recently abseil down a very high wall and am aiming to do the London Marathon in 2 years time.*

*CRW: What is your favourite piece of clothing*

*Julie: My Curves T shirt of course! I am not really in to designer clothing – as you can tell and I am always in my gym kit. I love anything which makes my stomach look smaller than it is.*

*CRW; What hobbies do you have*

*Julie: Apart from working, I like to read crime novels and German fiction. Most of my time is spent exercising, body pump, running, swimming, spinning....*

*CRW; Where would you most like to go on holiday, and why*

*Julie: I would like to go to New Zealand as the scenery is breathtaking (apparently) and there is so much to do for an outdoor person like me. There is also a lack of people which suits me down to the ground..*

## **NEW FACES ON THE CIRCUIT!**

**You may have noticed some new faces in the middle of the circuit lately and we will tell you more about them through our “Spotlight on” in forthcoming issues, but we now have a Hazel, a Sophie and another Sam to help you reach your goals.**

## **ANNE DIAMOND AT CURVES READING WEST!**

We are really excited to announce that as a one-off favour Anne has agreed to be present at our Open Day on 4 September from 2pm. Anne will be around to chat and talk about her Curves experience so come along if you wish. Nikki Greene, Curves Wellness Director will also be around to discuss any health issues or concerns you may have.

## **CHANGE IN PAYMENT ARRANGEMENTS**

Many of you will know we have introduced a new method to collect your subscriptions, changing from a direct debit arrangement to a Standing Order, and many have already changed by completing a SO form. To avoid any collection problems, please ask at Reception for a SO form and return to us asap.

**It's great to be with Curves!**