

Curves



Issue 6
April 09

Curvettes Gazette

2 for 1: Promotion

At Curves Fareham we understand that having a friend involved can help motivate new members to start a weight loss program, so we're determined to do whatever it takes to help our members to achieve their fitness goals, The 2 for 1 Promotion allows friends and family join Curves of Fareham for **50%** off the joining fee then split that between two friends or family members.



Fit & Fabulous in Fareham

Congratulations Ladies, the total amount of calories burnt during our fortnight of the calorie count was 152055.

- 1st Collen Potter 4698 Calories
- 2nd Teresa Greenwood 4685 Calories
- 3rd Yvette Spencer 4525 Calories

Checkout our website to view the pictures of the Fit and Fabulous
www.curvesfareham.co.uk

Welcome



Welcome to Maddie our new Curvette. Maddie has been with Curves for 1 month now, and has proven very popular with the members. Welcome to the team

Top 5 Stars

	Lost Pounds	Lost Inches
Jenny New	10 lbs	11 inches
Collen Potter	9 lbs	10 inches
Liz Collins	8 lbs	10.25 inches
Irene Wake	7 lbs	5 inches
Sharon dams	4 lbs	7 inches
Well Done Ladies.		



Weight Management Program

We have last month completed our first weight management classes. Both classes have had fantastic results for our members, read our notice board for the results. Further weight management classes are planned for April. See a member of staff for further details.



HAPPY EASTER TO ALL OUR MEMBERS

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Easter Opening Times

The club will be closed on Friday 10th April (Good Friday) Open on Saturday 11th April 9.00a/m to 12.00 and closed Monday 13th April {Easter Monday} and will be open again for business on Tuesday 14th April 9.00 a/m



Miss April Calendar Girl

Our Miss April is Elaine Frampton, Elaine has been with Curves for 4 months read Elaine's citation on the front desk. Well done Elaine for all your effort and hard work.



We must remind members of our cancellation policy. We appreciate there will be a number of different reasons as to why members have cancelled. The direct debit scheme that is in place is a 4 month agreement. Whilst we will never ask someone to pay their full 4 months if they are not attending. We do ask for 1 months notice and for payment of any bank charges incurred, if you cancel your direct debit without any notice, then we will incur bank charges of up to £11.00. Thank you for your understanding. If you have any concerns or problems talk to one of our members of staff for assistance. Thank you for your cooperation

It only takes a second

Sigh; Experts say a sigh sends the signal 'I am relaxing' to your brain-which then releases chemicals into your body to help it do just that, however stressed you are. Scrunch up all your muscles at the same time, then release with a long-breath.

Relaxing Your Tongue; Peace-inducing alpha brainwaves increase when your tongue relaxes. According to US sleep specialists, the tongue is the switch for the nervous system; moving it about signals to your body you're not at rest.

Reminders

Ladies please keep up the hard work of ensuring that your weighs and measures are maintained.

Also when logging in at reception keep an eye on your personalised messages on the screen.



Quotation of the month

If your bodies not right, the rest of the day will go all wrong take care of yourself.

V.L Allineare

