

Strengthening Lives, one  
Woman at a time.

December 2010



Why wait to make your New  
Year's Resolution? Get ahead,  
shape up & save now.

**8 weeks for £59!\***

## Christmas is here!!!!!!

We all know you ladies enjoy a good celebration this time of year but we hope you still find time to fit in your regular workouts during the season to be jolly.  
Here are the Christmas opening times as of 24<sup>th</sup> December.

Friday 24<sup>th</sup>-9am -12 noon

Saturday 25<sup>th</sup>-Closed

Sunday 26<sup>th</sup>-Closed

Monday 27<sup>th</sup>-Closed

Tuesday 28<sup>th</sup>-Closed

Wednesday 29<sup>th</sup>-9am-1pm

Thursday 30<sup>th</sup>-9am-1pm

Friday 31<sup>st</sup>- 9am-12 noon

Saturday 1<sup>st</sup>-Closed

Sunday 2<sup>nd</sup>-Closed

Monday 3<sup>rd</sup>-Closed



### The Harrods Hamper

The Harrods Competition is Back keep an eye and an ear on that prize to see if you are the lucky winner

Tickets are still on Sale at reception-remember you have to be in it to win it.

### Weight Management Classes

Weight Management classes this year have been a great success!!!

Over the course of the year 54 ladies have taken part in the 30day diet and are still seeing results

If you missed the opportunity, or for more info please speak to a member of staff to find out when they are next being held.

Members are kindly reminded to be off the Circuit 10 minutes before closing time to allow for the circuit to be cleaned

### Congratulations!!!

To Jan Harding who has managed to single-handedly raise £1,500 this year for Mccmillan Cancer Research.

We are so proud of her efforts and we hope to continue supporting her next year.

### Recipe of the Month-

These gorgeous brownies make a good alternative for those who prefer not to bake a traditional Christmas fruit cake - and it is really something special!

1 package cake style brownie mix  
1/ teaspoon vanilla extract  
1/8 cup cream  
1 package of cream cheese  
1/3 cup sugar  
1 bag M&Ms holiday edition



In a large mixing bowl, cream the sugar and cream cheese until fluffy. Add the egg, cream and vanilla extract. Mix well and set aside.

Prepare the brownie mix according to instructions. Line a 9x13 inch baking pan with parchment paper and then pour 2/3 of the batter into the pan. Place 1/2 cup of the M&Ms over the brownie batter. Then spoon the cream cheese mixture over the M&Ms and batter. Finally, scoop the remaining brownie mixture over that. Using the tip of a knife swirl the mixture for a marbled effect.

Bake for approximately 45 minutes at 350F (180C, Gas Mark 4) until baked through but still moist (do not over bake). Cool before cutting into squares.

### Our Christmas Fair is Here Again

Throughout December we will be having various stalls in the club selling products from jewelry to make up ect So bring in your purses and grab some last minute Christmas presents.

Alternatively, You can also buy Curves Gift Certificates from reception for other ladies in your life if you just don't know what to get them.

### Secret Santa.

Bring in any present bought for under £5 and place it under our tree

Then Come in on 21<sup>st</sup> and pick any one from under the tree

We Hope you all enjoy your Holidays.  
Merry Christmas and Happy New Year from the Curvettes.  
And a "S Novem Godom" from Elena!



Don't forget to check out our Members board at reception to find out what is happening in the club this month.

### Thought of the month

"Christmas is not a date. It is a state of mind."  
-- Mary Ellen Chase

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