

# News Flash

We hope you are well rested after the Christmas break and are ready to start tackling your new year's resolutions head on.

We at curves in Fareham will be changing our opening hours on a trial basis to help you get back into your fitness goals after the festive season. Please find below a list of the operating hours during 1<sup>st</sup> February and 28<sup>th</sup> February 2010.

Monday- 9am-7pm

Tuesday-9am-1pm      4pm-7pm

Wednesday-9am-7pm

Thursday-9am-1pm      4pm-7pm

Friday-9am-6:30pm

Saturday -9am-12pm

Sunday- Closed

Please feel free to talk to a member of staff if you have any concerns.

We look forward to seeing you at your next workout

## Our Mission Statement

“Each year, millions of women suffer needlessly from preventable disease. Together, we can change this. We can live years longer and enjoy life even more if we take small steps every day toward health.

And it all starts with you. By making your own health a priority, you become a strong link in the chain and have the power to effect those around you. So share your strength with a woman in your life. Encourage her. Pass along something you've learned or share a success you've had. Help her become healthier and gain confidence. She'll feel better and live better, which will positively affect everyone around her. And then, she can share her strength...

**Together, we will make this world one million women stronger.”**

**Our January edition of Curvettes Gazette went to print early because of the Christmas Break. Congratulations to Debbie Lavin our WINNER of the Harrods Christmas Hamper.**

Congratulations Debbie you worked really hard throughout the competition and we are so pleased that you lost weight throughout the festive season, as we all know temptation is everywhere during that time of year!!!

Debbie worked out a total of 19 times within the 4 weeks that we ran the raffle and we hope you enjoyed your hamper over Christmas. Keep up the hard work and dedication we are sure plenty of prizes will be coming your way again soon.