



Extended Offer

New Members can join **NOW**, and get a **Free Week**, to trial our new **Curves Circuit with Zumba**



So far our Curves Circuit with **Zumba** classes have been a **huge success**, with all spaces being booked well in advance. Which is why we don't want you to miss out: Spice up your workout with moves that are simple and rhythms that are contagious (salsa, cha-cha, merengue and reggaeton led by a licensed Zumba instructor).

Here is a few things our Members have to say!

"Walk out with a smile on my face and it always sets me Up for the day"

"Great Fun, a good way to get hot and burn hundreds of Calories"

CLASS TIMES

MONDAY	9:30am and 10am	&	10am-10:30am
TUESDAY	7pm and 7.30pm	&	7:30pm-8pm
FRIDAY	6:30pm and 7.00pm		

Members £2.00 Visitors £4.00

CurveSmart Monthly Reviews

We are going to be on your tails girls to make sure you are working out 3 times a week and reaching those goals by introducing our new Curves Smart monthly reviews.

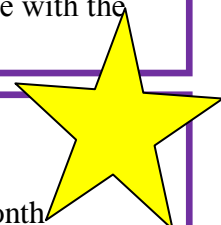
There is nowhere to run, and nowhere to hide

This is your chance to tell us exactly what you want and your goals for the summer (it's hard to believe with the weather being so cold, that summer is on its way)!!!!

Star of the Month

We have now moved our Calendar Girl from monthly to Seasonal.

But we still want to reward you for all the hard work you put into your workouts, so each month The Curvettes will be nominating a member to take home the Star of the Month award in recognition of their hard work efforts.



How are your New Year's Resolutions going?

We know that often people fail to keep New Year's resolutions because they try to change too much too fast. Here are just 3 key lifestyle changes to keep you on the right track to achieve long-term results

Make breakfast a priority

This is key. Breakfast literally "breaks the fast" from a night of z's. Your metabolism is the lowest when you are sleeping. If you wake up and hit the road without eating breakfast, your body's metabolism is still in fasting mode and will burn as few calories as possible. Even if you aren't a morning person, make a point to eat something within 45 minutes of waking.



Visit the scale at least once a Month

An average gain of less than a quarter of a pound per month can creep up on you if you aren't weighing yourself on a regular basis. Awareness is crucial because these small gains can really add up over time. Remember, the scale is merely an indicator of your status. If you don't know where you stand, you can't do anything about it.

FREE CURVES BAG

Summer is on its way and we all know someone who would like to do something about their health. Or maybe you know someone who wants to find out about our special offers?

See a member of staff now to claim your Curves drawstring bag for just 3 names and phone numbers of those friends!!!!

Help them get fit for life



Pro Ms
3 for 2 (Cheapest Free)
On all our High Protein Products

See a member of staff now to get your fill of our fantastic meals and snacks

Is your workout SMART?

Be Smart with A SMART workout, which provides you with a unique, Personal workout with moment to moment feedback on how you're doing.

So come on, join the SMART members and get even better results and better Satisfaction from your workout. This is truly the worlds' most advanced fitness Technology and is exclusive to Curves. We think that you will be as excited as we are, about it, Ask staff how you can get on SMART



Members are kindly reminded of our Curves Rules whilst working out.

Please be aware of other members on the circuit and be courteous to them at all times.

Ensure you change your shoes before working out

Please ensure you are working out in appropriate clothing.

Always ensure you are stretching 10 minutes before closing time.

Members must ensure to follow the curves workout clockwise

Machine hopping is very disruptive and can obstruct other members during their workouts.

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

Curves Fareham 157a West Street,
Fareham,
Hampshire,
PO16 0DZ
Healthywomen-fareham@btconnect.com

Tel 01329 230304

Thought of the Month

Are zebras black with white stripes, or white with black stripes?