



Curves Goulburn - 42 Clinton Street
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Curves®

Member Newsletter

February 2009

www.curvesgoulburn.com.au

Biggest Winner starts February 16th



Fabulous Curves competition — with \$10,000 in cash prizes across Curves NSW — starts 14th of this month & runs just four weeks.

To be part of it just register, pay the small fee of \$5. To be eligible for the draw for 40 cash prizes of \$100 you simply complete three workouts a week & one task each week and reach your goal. AND if your % weight loss is among the top 3 of the entries, you win \$3000 for 1st, \$1500 for 2nd and \$750 for 3rd! There will be extra prizes just for members in our own Club so sign up today to be part of the fun, and for a chance to be in the prizes.

STOP PRESS: Curves Goulburn awarded Shining Star



STOP PRESS !!!! At the Curves Sydney Regional meeting on Saturday 7th February Curves Goulburn was presented with Shining Star status by founder and CEO of Curves International, Gary Heavin.

In order to achieve Shining Star status a Club must meet the full range of high quality indicators set by Curves International. This includes aspects such as member service, member participation, sound management and ethical practices. Orange Curves joins Goulburn as the first two clubs in NSW to be recognised as Curves Shining Star clubs. **Thank you to you, our members and our staff** for helping make your Curves one of the best in Australia.



Member Success Story from Chris

I was "conned" into joining Curves on 22nd January 2008 by my sister, Karen who had joined the week before. Unbeknown to me she had to join up three other people in order to get the "Curves Book" and I was just one of them! Anyway - one year on and my life has changed significantly - 27kg

lighter and much, much fitter (and a little poorer as I have had to buy a new wardrobe of clothes!)

My attitude has changed, I have made many new friend and have become somewhat of an inspiration to the old ones. I have lost weight before - but have never combined such organised exercise with diet - what a difference 30 minutes a day has made. I was the Biggest Loser

two months in succession as my motivation increased - many thanks to the staff at Curves who seemed to get as big a thrill from the results I achieved as I did!!

I aim to go to Curves five times a week and have managed to combine my attendances with shift work and look forward to the friendly coaching I receive daily.

With a strong family history of heart disease I now look forward to a long and healthy future and foresee my daily trek to Curves in my 80s.

Photos: above left— Chris already a few kilos lighter a month after joining Curves, and above right—Chris today — fit and fabulous on the glute machine.





!! Coming Soon !!

*** Birthday Stars ***

Congratulations to our February Birthday Star **Di Taylor** who kicked off the new year seriously with a fabulous 15 workouts during January.
Best wishes for a Happy Birthday to Di and *all* our February Birthday members.

One of the benefits of being a **Shining Star** Club is automatic qualification for the CurvesSmart system. We will place our order this month and as soon as it is available the team will come to install it for you to use. CurvesSmart is the “next big thing” in the fitness industry—no other gym has this technology.
Curves Founder Gary Heavin has invested millions of dollars of research and development to ensure you get the best results possible. CurvesSmart will give you visual feedback on your effort and range of motion... for example, are you working your tricep on the down as hard as your bicep on the up? CurvesSmart will tell you!! then and there and give you a report on your whole workout at the end.

Dragon Boat Racing

Pictured right is our Dragon Boat team at one of their training sessions ... the team has named itself the *Super Curves !!*
In the front of the boat are two of our Staff, Marea and Elissa along with the rest of the hard-working team.
The Belconnen Curves also have a team so there will be a bit of Curvey competition on the water.
Please come along to Lake Burley Griffin and cheer on the local team in both the Dragon Boat Community Cup and the Tug-of-War. You can't miss them—look for the purple t-shirts !
Join in the fun. The National Multicultural Festival 2009 Dragon Boat Challenge is on this Sunday, 15th February at Commonwealth Park from 10am—3pm.



Back to School



The Back to School promotion has been a lot of fun—we didn't know it at the time but it helped you get in training for the Biggest Winner.
It will overlap a little with the Biggest Winner !! Too much fun ?!!

Your Health

Don't forget to update your health history if your health or medications change.

Do the Dip Shrug

Machines turning into women? No, not really... only on our wall. You'll see the in-club promotion for our member drive to help cover our next new machine—the Dip Shrug which works the Deltoids, Latissimus Dorsi and Trapezius muscles.
Who do you know who isn't a Curves member yet? Your coach will give you a special Guest Pass for your friend, family or colleague... if they join, we have a special gift for you. And when 40 women join ..

Food Drive—next month

Don't forget the annual Curves Food Drive which happens each year in March. Watch for details in the club in the next couple of weeks.

Staff News

Goodbye Tash!! Tash is taking a different path and we are sure all the members join us in wishing her all the very best.
We are hoping Tash will come back and coach a shift here and there if she can find the time.

Curves and The Biggest Loser Online

Curves has negotiated and won major sponsorship on the Biggest Loser website. Visit the site and you'll see Curves ads rolling through.
Look for the “Ask the Expert” section which also has a Curves flavour.



So will the...  **Dip Shrug**
Double Positive