



# Member Newsletter January 2009

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## Survey Results are in !

Your feedback from our recent member survey is posted on the noticeboard in the Club (anonymously of course). Our comments are also there about the actions we are taking. Around 18% of all members completed a survey form which is a pretty good response rate as surveys go. *Thank you to everyone* who contributed. The survey results indicate that we all want slightly different things—no surprises there. Some things are harder to act on than others, even though we may agree with ideas and suggestions—for example, in this building it is impossible to provide showers. As only a small number of members raised this we won't plan to relocate just yet. One or two members have told us they asked at their workplace and found there are shower facilities they can use once they get to work.

Thank you for the overwhelmingly positive responses... when we encouraged members to complete a survey many told us there was no need as they are completely happy. Rest assured we will continue to make improvements so that you will continue to enjoy coming for your 3 (or more) workouts each week... An interesting aspect among survey respondents was that around 90% are achieving their goals AND working out 3 times each week. We are working on giving you better feedback at your update each month (weigh & measure) as well as working more personally with you on the circuit. We always want your feedback and invite you to give us more detail to help us understand your needs and preferences. We've returned the survey boxes to their places and "re-badged" them "ideas and suggestions". Keep the feedback coming... *and thanks again.*



### 2009 at Curves....

The most exciting thing will be seeing members reach their health and fitness goals... whether that is a repeat of last year's highlights such as one member, originally referred by her doctor, who has been able to stop her diabetes medication, other members losing as much as 30kgs or being able to hold on to important health gains due to their regular "whole-body" workouts.



Almost as exciting, because it means members will have the very best workout possible, every time, will be the arrival of CurvesSmart. We'll let you know as soon as we hear the date!! And when we have all the details of how you can 'get on board'.

A new **Member Loyalty Card** program will be launched during January to run every month from February. It will help you track the way you make the most of your Curves membership, and it will be a lot of fun.

A **Back to School** promotion towards the end of January will be followed by another 6 Week Solution weight management class commencing mid February. If you have put on some extra kgs or cms over the holidays, take heart—the 6 Week Solution will get you back on track. You will be able to register from mid January.

The **Curves Great Weight Race** will be something special to look forward to. There are *fantastic* prizes. Correction: we were a bit keen in the last newsletter when

we said the Great Weight Race starts in January—it will be February or March. We will get more details to you as soon as possible.

For fans of the hit TV series, **The Biggest Loser**, this season will have an extra dimension for you: Curves will feature on **thebiggestloser.com.au** website—the "Ask the Expert" section will be hosted by a celebrity trainer alongside a Curves trainer.

You can get **diane** magazine every season just for working out 3 times a week consistently—the



formula on which Curves success is based; or we will trade a copy of Diane, including back issues, in exchange for just 1 buddy referral. Share the love.

## ★ Birthday Stars ★

Congratulations to our *four* January Birthday Stars who each managed 11 workouts during December, despite the public holidays and Christmas rush. A countback on “most workouts during November” revealed Jane as the winner of the t-shirt, with Curvaceous socks going to Sue, Helen and Kristin.

Best wishes for a Happy Birthday to Jane Liggins, Sue Sloane, Helen Bradley and Kristin McDonald and all our January Birthday members.

## New Curvaceous In !

These great shoes are part of the latest Curvaceous range and proving very popular. Check out all the pieces of the new season collection. The Jeans are walking out the door—they are sooooo comfortable. More stock has been ordered to make it easy for you to try them on. Check out the jeans article in *diane* magazine.



## 3x30 = win a free month !

Remember this promotion — work out 3 times a week through December *and* January and your name goes into a draw for a free month's membership. If you've kept it going through December, keep on through January and it could be you.

## Dragon Boat Racing



Training is under way for the Curves Goulburn Dragon Boat Racing Team. Updates will be posted in the Club about the lead up to the Canberra regatta on 15th February —and some photos as soon as we have them. Go Girls!

## Staff News

Goodbye Karan the Coach, Hello Karan the Member!! Look for Karan Button next to you on the circuit because she has decided to hang up her coaching badge. We look forward to Karan remaining a member of the Curves family.

Staff Training was the focus in the Club for December with half the Curves team at Curves National Club Camp for a week and then Elissa and Jackie following on with an intense week of Curves University... Elissa studied Nutrition, Jackie studied Kinesiology (anatomy and biomechanics).

And then all of the Curves Goulburn Team participated in a Regional Training Day held here at Goulburn. Thank you to our fabulous staff for giving up a few hours on the Saturday before Christmas!! We look forward to practising our improved skills.

## CurvesSmart.. Strengthening women

### Coming soon....

Feedback on the station itself to help you work out at the perfect level of effort to achieve *your* personal goals... based on your personal details... the machine *knows it's you!!*

That's CurvesSmart,

the new revolutionary development coming to Curves at Goulburn.

It's not just heartrate feedback on the machine, which is existing technology in gyms, but feedback specific to you, to tell you how hard you are working on that machine at that minute... and afterwards a report that tells you which muscles you have worked sufficiently to achieve your health and fitness goals.

We expect to have more information for you this month on when CurvesSmart will be installed here, in your own gym. Current advice from Curves International tells us to expect it by March-May 2009.

We will have information available in the Club soon on just how CurvesSmart works and how you can participate in the latest and most amazing fitness technology on the planet!

Check it out at [www.curves.com](http://www.curves.com).

Curves  
Smart

## New machines

In your Curves Member Guide you can see a picture of the Dip Shrug and the Stepper. These machines are coming to Goulburn... not just yet, but in time for CurvesSmart. More details in the club soon. Check out the machines in your Curves Member Guide—don't have a Member Guide? Ask us how you can have your own copy of this great book.

## Curves Area Director Visit

Curves International Area Director for Regional NSW, Lynn Pascoe, visited recently. Lynn evaluated our club and conducted staff training... she was very pleased with what she saw and ... mostly the smiles on the faces of the members working out!