

Curves

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Goulburn Member Newsletter—August

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In this issue

Farewells	1
Muscles	1
Curves Open House	2
Travelling Sheep	2
Circuit set-up	2
Curves products	2

Congratulations to our July Biggest Losers

Congratulations to everyone on their wonderful achievements in July. The *Curves 6 Week Solution* participants are having a great time and feature strongly in the top section of our biggest losers list for last month.

The 5 biggest losers are featured on the Star Blackboard in the Club.

Want to get closer to the top of the biggest loser list? Talk to your coach about revisiting your goals and re-focusing your workout.



Stretch station on its way!

Our stretch station is ordered and we hope will soon appear in the club... at first it will be a no-go area except for staff who will training on its use before coaching members in the benefits and ease of its use.

And no, it's not called the rack!

Members' Muscles promotion in August

Which muscles..

A new promotion will run in the club from the second week in August... this is how it works...

Throughout August our coaches will work with all members to perfect circuit technique and understanding of the muscles being worked on each different machine.

This will be serious stuff in terms of helping you get the most out of your work out. But we will make it lots of fun.

You will be invited to put the muscle names onto the correct muscles on large muscle maps that will be displayed in the Club.

Members who make a correct "muscle match" will go into the weekly draw for a free Curves shake or supplement. (One entry per day per member.)

Spring back into Curves!

Members have enjoyed participating in the *Buddy Basket* buddy referral promotion...

as we move towards Spring, we are adding the flavour of a national Curves promotion "Spring Back into Curves".

It's a bit like, "bring back a buddy"! We invite you to keep on having fun with the Buddy Basket gifts and new member sign-up t-shirts.

Farewell Sandie and Bronwyn

New career paths have lured two of our team away and we'll miss them.

We extend our best wishes to Bronwyn who has left to take up a new career with the Salvation Army. Our best wishes, Bron— we wish you success and blessings.

We wish Sandie all the best for her future as she takes a break from health and fitness to pursue a different path. We are sure your energy will ease your path wherever it leads you, Sandie.

Thanks to Bron and Sandie for their genuine care and passion for the wellbeing of members.

Good luck girls.

www.curvesgoulburn.com.au

Well it's live!!!! Let us know what you think of the site. You can pick up past copies of newsletters, check hours and more.

If you are not yet on our list to receive an email notifying you as soon as the newsletter is up on the website each month, just let us know.

www.curvesgoulburn.com.au has a contact screen— help us test out that it works correctly by sending us a message using the contact screen.

Don't forget to visit www.curves.com and www.mycurves.com for lots of information about how and why the Curves workout works. The great interactive technique video on www.curves.com shows which muscles are working on each machine—great for you to prepare for Members Muscle Matters. You'll also find recipes, members success stories, handy hints, chat, blogs and lots more great information.

Birthday Star

Congratulations to Michele Wilson, our July Birthday Star... A fabulous 14 workouts during the month—enjoy your gift Michele.

New team member

We welcome Elissa Wilson to the team... Curves is lucky that Elissa returned to Goulburn from Queensland just when we needed an extra pair of hands.. and Elissa has special hands... she is a qualified masseur (people & horses!)

Elissa has a lot of “bodywork” as well as gym instruction experience and will help members hone in on those muscles to get maximum results on the circuit.

We are always on the lookout for special people to become great circuit coaches. If you know anyone you think would be suitable please let us know.

Travelling sheep!

That’s right—travelling sheep. Watch out in August for the appearance of three little ewes – and one Merino ram—that you can tuck into your bag to take travelling with you... so long as you bring back a photo of you and your ewe having an amazing time!

Let us know when you are going away and we will entrust Meryl, Diane and Pru to your care. Gary will be allowed on special trips!

To thank you for joining in the fun you will receive a Curves travel tag to keep and put on your luggage.

Funky Friday themes....

Get a little bit funky and dress to the theme each Friday. Here are the themes for the rest of August.

8th August Olympic Spirit

15th August Gold Medal Day

22nd August Daffodil Day

29th August House Party

5th September Wear a bandage (world 1st Aid day is 8/09)

Funky Friday themes are on the blackboard in the Club to remind you each week.

Have some fun — weekly prizes.

Huge Open House Event August 29—September 2

Watch posters in the club for more details... Curves Open House program looks like this:

Saturday 30/8 Family Sausage Sizzle—children’s colouring competition, clowns, balloons... let your husbands, sons and brothers have this rare opportunity to see inside Curves!

Sunday 31/8 Curves intensive staff training

Monday 1/9 Open House, Day 1 starting with Breakfast at Curves

Tuesday 2/9 Open House, Day 2 starting with Breakfast at Curves

Things are being fine tuned so — keep your eyes and ears open in the Club. We will make sure every member knows about the weekend and can join in the fun.

Curves..
Strengthening
women

Circuit set-up

Thank you all for the feedback on the “closer” circuit set-up. We are now “Curves compliant” with a circuit that is safe and effective.

The feedback has been overwhelmingly positive as members find the circuit more high energy and easier to get around. Although a couple of members have found the machines and mats too close, we hope you'll soon get used to the required layout.

Throughout August our coaches will be working with you all to ensure you are putting maximum energy into the work on the machines. The circuit is *not* designed for aerobic activity on the recovery mats.

Proven results are achieved by concentrating on full and correct range of motion and maximum effort on the Curves machines, and just sufficient activity on the mats to maintain your heart rate in the correct zone for you, based on your health, level of fitness and goals.

Diane magazine

Pick up your personal copy — just a gold coin donation to charity and you can take this fabulous magazine home with you.

Diet shakes

Try the Curves Protein Shake—chocolate and vanilla flavours. Buy one of each and get the shaker free. Don't forget to pick up the ‘Shake it up’ recipe sheet!

Milestone Celebrations

Our Milestones board is filling with 100, 200 and 300 workout stars. If you have achieved a milestone please order your complimentary Member milestone T-shirt at the front desk.

Workout tips

- ◆ Good posture makes a difference—engage your abs on all the machines for a surprising difference
- ◆ Ask the circuit coaches about the “zip the jeans” technique to get those abs under control