

Curves

Curves Goulburn
42 Clinton Street
Goulburn NSW 2580
02 4823 6366

Goulburn Member Newsletter—July

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Congratulations to our June Biggest Losers

Congratulations to our top 5 biggest losers for the month of June:

Sandra C	47cm
Marie M	33.5cm
Cindy P	24cm
Kylie W	17cm
Barbara McA	15cm

Congratulations on your achievements everyone !
Please collect your prize from the desk.



Workout Milestones

We had some initial problems with product orders from Curves—they have now sorted it out. This means that SOON we will have exciting prizes to acknowledge those workout milestones.

Great Promotions—rewards for you!

Buddy Referral Promotion—share the love...

Did you know that Curves is the 9th largest franchise in the world and in 2007 was awarded an international prize as the fastest growing franchise? And a staggering 80% of that growth is due to word of mouth about the success being enjoyed by women like you. You know how it is, we find something that works and we want to share it with our friends,

SO, we want to reward you for sharing... and caring for your friends by introducing them to the

health benefits of the Curves experience.

For the months of July and August we will thank you personally for every **Buddy Referral** you give us with a gift from our **BUDDY BASKET**.

But wait, there's more... if your Buddy joins Curves on a 12month membership you will receive *another* gift.. a Curves T-shirt. It's our way of saying thank you for helping us build a fantastic club.

Of course, the Buddy-Referral-Book-Exchange is always on... if you don't have your Member Guide (your handbook of health and fitness) it can be

yours in exchange for 3 buddy referrals, any time.

Rest of Winter Free

From the middle of July Curves Goulburn will be participating in the National Curves "rest of winter free" promotion.

New members who join from mid July will not pay a monthly membership fee until September 1!

Now there's a story to tell your friends.....

....a great workout

.....and a great deal.

Great rewards for you and your friends.

Club Hours

Thank you for the feedback about opening hours... as a result we advise that from Saturday August 2nd the Club will be open as follows:

Mon-Friday

6am—10.30am
2pm—7.00pm

Saturday

9am—12.00noon

Opening hours will be reviewed again after Winter.

Computers... computers.....!!

Some members have experienced delays scanning in due to computer problems relating to a data issue back in April. We are working with the US-based software company to resolve this as quickly as possible and thank you all for your patience.

Meet a Member

One of the fabulous things about Curves is the community of support that we share ... One of our Members, Mel, shares her story here to offer encouragement and motivation. If you would like to share your story in the newsletter or on our website which will be live this month, please let one of the team know. We will help you put together your story.

Melanie calls her story her “Second Chance in Life”.

“I wanted to do something about my weight after some humiliating experiences.... My weight gain was caused by my medication—it is one of the side effects. It has been difficult to fight this side effect but now my weight is lower.

I am now at a good weight and fit, and I feel more confident to do things.

Feeling happier, I want to go out more, knowing people aren't looking at me, thinking, “what a big lady!” I can wear nicer clothes.

I joined Curves to help with my weight loss and the ladies helped me and gave me the support I needed. We have some fun activities and I particularly like the Funky Fridays and the games that the staff have on the circuit sometimes.

Coming to the Curves gym makes me happy — I can now do things that before were a real effort. I like going also because Curves is for ladies only—there are no barriers... We're not made to feel different to others, because we are all there for the same reason — to lose the weight, or just keep at a healthy weight for ourselves.

I find Curves a nice and happy place to be.

Thank you to the staff at Curves for helping me to achieve my goal weight.”

Thanks Mel, for sharing your story.

We look forward to hearing from other Members about their experience with Curves—whether weight management, or better health and fitness

Curves... strengthening women.



*These are Mel's photos...
Congratulations Mel on your great success — it's great to have you as part of the Curves Community.*



Women's Own Adventure

Curves Members receive 5% discount on an adventure trip of a lifetime. Helen Keller said, "Life is either a daring adventure or it is nothing at all". This very different adventure travel company offers you active and unique holidays that will inspire your adventurous spirit... and they are just for women!

Is your adventurous spirit untapped?

Do you love the great outdoors?

Does anything on this list appeal?

- ◆ Chile and Peru
- ◆ Snorkelling with Minke Whales
- ◆ Outback Safari
- ◆ Community Projects and Charity Challenges

If you're quick you might find a brochure in the Members' Network Shelves.

Otherwise, view adventures and itineraries online, or subscribe to a newsletter at www.womensownadventure.com.au or call 1300 883 475.

The **CLASH** of the Krazies and the Titans

It might be getting colder outside, but inside Curves, the competition is hotting up....

The Titans are ahead at the moment with their members achieving a higher total weight and centimetres lost

So come on Krazies... you have some time to get over the line !!!

Have you checked out the new Interactive Circuit on www.curves.com?

You know that Curves works every major muscle group. You can now go on line and see detailed demonstrations of the Curves stations....

Eight machines from the Curves circuit are featured with an interactive demonstration that includes a visual reference of the muscles worked.

You can choose to click on one machine or watch the entire circuit in action.

To view this compelling new component of www.curves.com, choose the link "Is Curves Right for Me?" and click on "Interactive Circuit".

So have a look at the Interactive Circuit... and while you do, remember that the intensity of your workout should be on the machines...on the circuit you must work the machines with intensity— Remember that the speed of movement determines the amount of resistance. Strength training achievement requires you to move resistance which is 60% to 80% of your maximum lifting ability. Moving more slowly on the machines means you move less resistance and you may not achieve the full benefits of strength training. So, full range of motion plus effort into the speed.

Check your technique at www.curves.com.

*Curves...
Strengthening women*

Club web site

www.curvesgoulburn.com.au.

Your Club website is now live. In its "work clothes" though... the basic pages are there and we will be revising and adding pages over the coming weeks.

We would like to publish Member stories to encourage and motivate other women on their personal journey. Let us know if we can help put your story together.

In future you will be able to "pick up" your newsletter on line! We'll save some trees and you will never lose it, although copies will always be available in the club..

City to Surf—Goulburn Team

It's not too late to join the Curves Goulburn City to Surf team... the sign-up sheet is on the front desk by the scan-in area.

Each team member will receive a T-shirt and a water bottle and your Curves workouts will make sure you are fit and strong enough to have a great time.

Some other Curves Clubs have teams in the race—look out for them as you pound the pavement.

Curves Clips ... Birthday Star

Congratulations to Sandra Falchi, who won the draw for the June Birthday Star award.

We have a new Birthday promotion which starts with our July birthday girls! Of all the Members who have a birthday in the month, a special **Happy Birthday from Curves** gift will be given to *the Member who has completed the most workouts in the previous month.*

Happy Birthday to **all** our July Birthday Girls!

Lockers

We have new locks on the lockers in the bathroom. There are limited numbers so it will be first-in-best-dressed. Just let us know at the front desk that you would like a locker and we will have a key ready for you at your next workout visit.

You can use a locker just while you work out (casually) or permanently (3 monthly bookings)... we will always have some reserved for casual use.

A \$2 refundable deposit is required on the key.

The Member's Guide

is a fabulous resource—everything you need to know about nutrition as well as well fitness.... including information about correct circuit technique and healthy recipes.

The Curves Member Guide is the “textbook” for the Curves 6 Weeks Solution program which is currently under way.

Curves Open House

We are excited to announce that Curves Goulburn has been selected to participate in a special club development program supported by Curves International.

There will be a growing level of activ-

Curves 6 Week Solution August classes

The 6 Weeks Solution is the Curves program that shows you how to enjoy permanent weight loss without permanent dieting. We plan to run daytime and evening programs starting mid August. You can register your interest at the front desk today and don't have to pay until 31st July.

Sign up today—you'll receive the following:

- ◆ Weekly classes
- ◆ A Curves carry bag
- ◆ A container of Curves Protein Shake
- ◆ Curves Multivitamin Plus Tablets
- ◆ Curves Calcium Plus Tablets
- ◆ A special T-shirt after attending five classes
- ◆ The support of the entire Curves community

◆ All for \$99.

*Curves..
Strengthening
women*

ity in the Club leading up to a Gala Open House Weekend... we will have a date soon that we expect to be late August. There will be lots of fun, activity and prizes to win... cocktails, sausages sizzling, gourmet breakfasts and more!

Keep your eyes and ears open in the club for more news.

Funky Friday themes....

Get a little bit funky and go into the draw for a prize each week! Here are the themes for July. (4th July Red White & Blue (for American Independence Day

11th July Come as a character from a kid's movie

18th July Wear a ski item for mid-winter

25th July Have a big hair day

1st August Wear jodhpurs or a cow-girl hat it's horses' birthday

8th August Wear a jumper

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

Business of the Month & Member Networking

Curves promotes local business through our “Business of the Month” program. The program is popular and we will promote two businesses each month...

We hope you find the exhibits interesting and hope you will support the businesses if you can.

The member network area is starting to fill with useful information..... see the staff if you would like to leave information there to share with other members. The information can be about a service or group or business that you can recommend to your fellow Curves members.