

Curves Goulburn
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Update your details today

Please take a moment when next in the Club to update your contact details. Simply complete the form at the desk.

While you're doing that, please tell us if you'd like to receive your newsletters by email in future.

Biggest Losers

Congratulations to our top 5 biggest losers for May:

Victoria T	22cm
Sandra C	18cm
Sandee P	19cm
Christina A	17cm
Kylie W	14cm

Congratulations on your achievements everyone !

All Members are encouraged to review personal goals. It's a good idea to do this at least every 3 months or so. See one of the coaches who will be happy to work with you.

From July we will have a prize for the biggest loser each month.

Raema wins competition to name Members' lounge

It's official... Raema Betts is the winner!

The Member's lounge area is now known as

The Reviver Room

Raema is a dedicated Curves Member since joining around 2-1/2 years ago and tells us that she has enjoyed great health improvements since joining Curves.

Raema is so dedicated to her workouts that when visiting family in Victoria last week she worked out at Curves Ballarat.

Congratulations Raema—we know how much you enjoy your cuppa after your workout.



Curves Goulburn Reviver Room

The Circuit—warm and cozy?

Members will notice that the Circuit has become a little closer. This is to comply with Curves International requirements. The objective is to help your Circuit Coaches attend properly to each and every Member on the circuit to ensure your safety as well as an effective workout, every time.

In the Curves Workout, especially the Advanced Workout, the main effort is put into working with full range of motion to overload the muscles on the machines. The purpose of the recovery stations is to rest the muscles between the work—while maintaining your heart rate in the correct zone for you. The positioning of the mats will allow enough room for you to do this safely.

Thanks for working with us as we adapt to the closer positioning.

Member Networking

A new Member Networking Centre has been created beyond the sofas in The Reviver Room.

Members are invited to provide information about your business or clubs and affiliations — please hand brochures or cards to the staff at the desk who will place them in the Networking Centre. The material in the Network Centre will be refreshed regularly.

The information will be readily available for all our Members to browse and refer to when they need to find out about local businesses and social or volunteering opportunities.

As always, we welcome your suggestions for making our Member Networking Centre as useful as it can be.

Get to know the

Sandie Judd has lived in Goulburn since 1989 after growing up in South Brisbane, and loves the community spirit, being able to say hello to familiar faces where ever she goes. She says, "It's a great location, only 1-2 hours away to enjoy benefits of larger cities like Sydney and Canberra or Coastal Areas. It is like a country town with some great city benefits — great when you are raising a family."

Sandie describes how she became involved with Curves... "I was looking for a career change as I was working in a legal firm at the time. A family friend mentioned that Curves had just opened and were looking for a manager. In an interview we talked about this great opportunity to help ladies with their health and fitness in an exciting and personal way. This was the first time I had seen a business

like this that was willing to invest so much in other people such as its staff and Members. As the new manager, I attended the Curves International Training in Sydney a few weeks later and have not looked back since, enjoying the Goulburn Club and then over the last 18 months adding to my responsibilities, overseeing operations and training for five other Curves Clubs."

Sandie says the best thing about Curves is that it is a business interested in making women's lives significant and worthwhile as staff are trained to care about women and their health and well-being.

As the **Member Services Manager** at Goulburn Curves Sandie loves the fact that she is able to spend her time encouraging all of the people around her every minute of the day. Sandie says, "I value the time that I am able to spend

one on one with our Curves Members and also as a group...we always make it fun! It's 'the love of it' that gets me up in the morning for a 6am start! Look out ladies you'll see me more at 6 from now on!"

When not at work, Sandie enjoys playing the guitar and piano and singing. She has a red Vespa scooter for the summer ... a little goal that came to life last year with a bit of hard work and practice! "I have a great family - Bill my husband, Brayden 14, Bailey 10" says Sandie, "and together we do have a lot of fun, this summer learning to water ski & wakeboard with all its bloopers and laughs...actually we have become quite good! though I'm not modest! We have a dog Maxi and a new puppy 'Charlie Girl' and we're looking forward to moving into a new home together later this month."

Bronwyn Williams moved to Goulburn at the end of 1999 and loves that there are four definite seasons on the Southern Tablelands.

Having grown up at Caringbah in the Sutherland Shire Bron thinks Goulburn is great because you can access all of life's important services whilst enjoying country living.

Sandie Judd first approached Bronwyn

about coming to Curves and she started as part of the coaching team in October 2006.

Bron will proudly tell you how much the Curves workout—and in particular the oblique machine—has done for her midriff!

The features of Curves that Bronwyn likes the most are that the workout is quick, fun and effective. And she feels the best thing about her job at Curves

is being involved with people, and she values the new friends she has made at Curves. Bronwyn is a **Circuit Coach** and relieves as Member Services Manager in Sandie's absence.

It's no wonder Bron can handle a circuit full of Curves Members... she has 3 sons and 2 daughters-in-law!

After working hard at Curves, Bron relaxes by reading and watching movies.

Karan Button has lived in Goulburn for 12 years since her parents moved from the Penrith area to Goulburn for a change of life style.

Karan's first involvement with Curves was as a Member in November 2005, when her daughter-in-law said, "Oh Mum I made an appointment for us to go to a gym." To which Karan replied, "What did you do that for, I have never been to a gym in my life, and will not go and be with all the would be Barbie dolls." Karan says, "Well did I change my mind when I walked into Curves - the staff, the friendliness and the warm feeling. So I listened to what

they had to say and signed on the dotted line to become a member."

Then one day Sandie must have seen that something special in Karan and asked her if she would be interested in becoming a Curves staff member. As they say, the rest is history and Karan has been a part of this wonderful team for two years. She says, "The most enjoyable part of being a **Circuit Coach** is helping Members to achieve and maintain their goals."

Having previously worked in nursing, starting in a nursing home when she was 15 years old Karan has always loved to be with people and finds the

best thing about Curves is the strong bond that all the staff have in and out of work, and the fact that she is able to have communication with people of all ages, who are all wonderful and special to her. She says, "So thank you ladies."

Karan is married with 3 sons. Her hobbies are showing dogs which she has done since 1985 with her first show dog, a border collie. Showing has taken Karan all around NSW, to the New Zealand Nationals and speciality shows in Melbourne and South Australia - being away most weekends at dog shows is Karan's time out, to lose herself with these wonderful animals.

Curves Goulburn Team

From left to right...

**Bronwyn Williams,
Karan Button,
Sandie Judd
and
Natasha Price**

(absent: Amanda McPherson)



Natasha Price has been working for Curves Goulburn for a little over 18 months as a **Circuit Coach**.

Born and raised in Goulburn, Tash has relatives and friends all over the place!!

Tash has always been involved in sports so it is no accident that she is working in the active field of fitness. She has previously taken part in sports such as running, tennis and kickboxing.

Natasha is developing her Curves knowledge and skills and will assist Sandie with the next 6 Week Solution class — the Curves very successful weight management program, starting in the last week of June.

Caring for the Members and seeing

women achieve their goals is what she loves about her job.

Natasha is a social girl who loves having fun with friends and family which includes all sorts of activities such as playing cards, board games and dancing.

Amanda McPherson is the new kid on the block !! Well to Curves anyway. Amanda has lived in Goulburn all her life except for 2-1/2 years working in Hervey Bay in Queensland. She has returned to Goulburn now and loves having family and friends around her.

Have just started at Curves this month, Amanda is no new-comer to fitness and holds Diploma level

qualifications in fitness. She is having fun learning the Curves workout and using her previous skills and knowledge to help the Members.

Amanda thinks the best thing about Curves is that women from all ages are welcome and it's a fun, challenging 30-minute workout. Her favourite machine on the circuit is the Bicep-Tricep machine, so look out ladies!

Amanda has a successful sporting background so it is no secret that she is loving the opportunity her role as **Circuit Coach** provides to help people set and achieve goals. Her interests are sports ranging from hockey to surfing, reading sporting autobiographies as well as scrap-booking and listening to music.

"In a recent staff training session it was wonderful to hear the staff describe WHY they love working at Curves Goulburn... The stories were all about the joy of helping individual Members to feel fit and strong and enjoy good health in a caring, social environment. Your Curves Goulburn team are excited about the changes in the Club and look forward to providing fantastic support and service"

Need some TLC ?

IF...

you are a new Member, have an injury, need to be left alone to get into the zone, or just want some extra assistance to get through your workout.... talk to your coach, OR

pick up a purple wrist-band at the desk.



Your Coaches will be sure to ask Members wearing the wristband how they can add some *extra* care.

Hours not right ?

We are interested in receiving feedback from Members about our opening hours. Please let us know what works for you, or doesn't work for you!

Any changes will be based on the needs expressed by the Membership, so ...

- email us at curvesgoulburn@bigpond.com
- OR leave a note at the desk with your preferences.

Water price rise

We regret to advise that an increase is necessary to the water prices which are now as follows:

Mount Franklin	\$2.00
Pump	\$3.00
Vitamin Water	\$3.50

In our next issue....

- Results of the clash of the Titans and the Krazies
- Details about our exciting Curves Open House event
- Business of the Month program update, & of course
- Biggest Loser results

why westretch

The secret of the success of the Curves workout is the mix of strength *and* cardiovascular training. The last important component of your workout is ...

stretching ... it keeps you safe and increases the strength-building effect of your workout by 19%* !!

Stretching is important because it ...

- keeps you flexible
- minimizes joint pain
- maintains integrity of the joints

Ask your circuit coach to check your stretch technique. Be sure to stretch, hold the stretch so your muscles know you are stretching, and when you feel the release, then stretch some more for the full benefit.

If you feel like you are not getting full stretch from the Curves stretches, this most often indicates you are already quite flexible... the Curves stretch routine is all you need to maintain your flexibility and protect your joints.

*Validated in University Research working with groups of body builders—those in the group who stretched after training, lifted more weight!!

For the Funky Friday fans

We are turning up the fun for Fridays... the themes for the next few weeks are

June 20 wear odd shoes

June 27 wear a flower

July 4 wear red, white & blue (US Independence Day)

July 11 come as something from a kids' movie

All Members participating in the theme may go into a draw to win a fun prize.

The theme for each week appears on the large blackboard from Mondays, so you can plan your "treatment" !

...still to come...

The improvements continue... in July the following will occur:

- www.curvesgoulburn.com.au will be up and running. Until then, don't forget to visit www.curves.com and www.mycurves.com.
- The exciting Curvaceous range of workout gear and accessories will be available for purchase in your Club.
- Our honour roll will be in place to celebrate Member Milestones
- The high quality Curves vitamin range and diet shakes will be on sale

And thank you for the positive feedback on the changes made so far—keep the feedback and ideas coming !