

# Curves.

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Goulburn Member Newsletter  
special welcome edition

Volume 1, Issue 1

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## SPECIAL LAUNCH ISSUE

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## Club newsletter

We hope you enjoy the new format for the newsletter. Your next issue will release early in June and have all the usual news such as our biggest losers, upcoming promotions *and* profiles on each of our Curves Goulburn staff team

## It's all about you !!!

You will notice our honour roll in the Club ... look for your personal star if you have achieved a "workout milestone" such as 100, 200, 300 (and more) workouts....

And we are waiting on a special delivery of something personal for you to celebrate making Curves part of your life 100, 200 or 300 (and more) times.

## Welcome from new owners, Karen & Narelle

Karen Wilson joined Curves Goulburn in January 2006. Like millions of women around the World, Karen quickly found that it was easy to fit in 30 minutes several times a week to get fit.

Karen's enthusiasm was infectious and her Sister, Narelle, soon called in to her local Curves at Penrith to investigate, and has been a member there ever since.

Impressed by the Curves concept and identifying with the values on which Curves is based, the *50-something* Sisters set about realizing their hopes of owning their own Curves franchise. When the Goulburn Club came onto the market both women felt it was meant to be. After a long and



Karen Wilson and Narelle Kennedy

*interesting* learning curve the commercial and legal journey has resulted in Karen and Narelle becoming the proud owners of Curves Goulburn.

Karen said, "We look forward to enhancing many aspects of the Club. We have many ideas and we

are already acting on feedback from members and staff. We look forward to working with the Goulburn team to deliver existing and future Members a fantastic experience every time you visit the Club."

## Curves Product Range ... coming to Goulburn

### Supplements & Shakes

\* Curves Protein Supplements and Multivitamins are coming to Goulburn! We have heard many success stories from other Clubs about these quality

Australian sourced products. You will be able to support your weight loss efforts with diet shakes!

### Curvaceous

\* Curves has released an exciting range of workout and casual wear and fun accessories

\* You will be able to shop from the new range as soon as it arrives in the Club each season.

\* Don't miss the workout gloves!!

\* Your circuit coaches will wear pieces from each collection

*Curves..  
Strengthening women*

## The science of Curves ...

Did you know that the Curves workout is based on solid science?

Studies at Baylor University in Texas found that sedentary and overweight women who followed the Curves program for 14 weeks raised their resting metabolic rate by as much as 400 kcals/day, increased muscular strength and improved cardiovascular fitness.

You can read more of the facts at [www.curves.com](http://www.curves.com). Take the link

Whether you're looking for your healthy weight range or how many calories you can burn in a day – there is a calculator for you at [www.mycurves.com](http://www.mycurves.com).

These fitness calculators can be used as an additional resource for your weight management goals. If you haven't yet clicked on [mycurves.com](http://mycurves.com) pick up an access code next time you're in the Club for a workout.

Karen and Narelle would like to thank you for your continued support of Curves Goulburn.

Our promise to you is to provide an encouraging and inspiring environment in which you can reach your fitness and/or weight loss goals.... and just have a great time, every time.

Our staff are excited about the future.  
We hope you share our excitement.

We will always welcome your feedback through the new website, focus groups and personally... if you'd like to have a chat about any aspect of your Curves experience just phone either

Karen on 0418 283 839 or

Narelle on 0410 611 869

## Look forward to these improvements at Goulburn Curves...

### *Diane Magazine*

The award-winning Curves magazine, *Diane*, was created especially for members.

Each issue is filled with stories that continue to inspire readers.

*Diane* also contains recipes, tips on correct circuit technique and articles on the latest women's health and fitness research.

If you haven't seen *Diane* yet, take a minute to sit on our new sofas and browse at the "club copies". You can get your own copy to take home, later in June.

### Members' Lounge

And so, the sofas! We have moved the stretch area into the main Club area so that you can have the benefit of stretching in the air conditioned space. This has freed up some room for a members' retreat .... so grab a complimentary coffee or tea, read *Diane* magazine, catch up with

friends, or just sit and enjoy a moment's restful reward after your workout. We are thinking of adding a *book exchange* bookshelf! What do you think?

**We are running a competition to find a catchy name for our Members' lounge...** why not suggest a name for the lounge area ..... the selected name will **win the member a Curves shirt.**



### Club Website

Not yet — but almost !! We are waiting on approval of our domain name

from Curves International. Then [www.curvesgoulburn.com.au](http://www.curvesgoulburn.com.au) will go live — with lots of information about the club (opening times, contacts, feedback page) as well as member success stories, useful links and more.

In the meantime, visit Curves at [www.curves.com](http://www.curves.com) or [www.mycurves.com](http://www.mycurves.com).

### What do you want?

What improvements would you like to experience in the Club?

We hope you like the blinds — they are in response to feedback from members working out in the mornings, when the glare was a problem.

Don't hesitate to phone Karen or Narelle on the numbers shown above, or leave a note at reception for us ... we are interested in and will value your ideas and comments.