

Curves

Goulburn Member Newsletter October 2008

Curves Goulburn
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www.curvesgoulburn.com.au



Goulburn Relay for Life

The Curves Goulburn team for this local Cancer Council fundraising event is taking shape. Join in by registering at the desk, then register on line with Relay For Life as part of the Curves Goulburn Team to receive your T-shirt. You can participate by running or walking as a Relay Team Member or by coming along over the weekend and supporting the event. See you there on 25-26 October at the Police College Oval.

All Members in our Relay team or who attend to cheer on the team will receive a free Curves bandana to wear at the event.



Great September Results *weigh & measure* keeps track around the World !!

Congratulations everyone — many kilos & centimetres were shed as winter left town.

Don't forget the importance of your monthly feedback—the *weigh-and-measure* is a useful update to check you are remaining on track. The information captured is entered into our computer system and sent, without names or identification, to Curves International. Curves feed this data into a study of member trends around the World — it keeps Curves on track too so that they can keep improving our workout experience.

October — Breast Cancer Awareness Month at Curves

Curves is a great supporter of Breast Cancer Awareness around the World. In October there's a lot on offer for you in Goulburn....

The big event for October is our **Girls Night In** ...

This will be a very exciting event—and our main fund raiser for Breast Cancer. Bring your friends and family - **7pm on 22nd October** and enjoy the *Fine Food Fair* theme.

Fundraiser Tupperware Party—we all love a Tupperware Party - this one will be lots of fun *as well as* providing prizes for our Girls Night In and raising funds for Breast Cancer. **12 noon on Saturday 18th October**—at Curves!



We are pleased to provide the range of **Pink Ribbon Day** merchandise get your wristband or pin today.

Curves is a major sponsor of the Cancer Council's Breast Cancer Awareness Month and has partnered (around the world) with **Olivia Newton-John**

to promote self-examination for early diagnosis. Olivia says, "Being a breast cancer 'thrivor', I know that early detection is key to good breast health," says Olivia, whose cancer was diagnosed in 1992 and who is now cancer-free. "My wish is that all women age 20 and above perform monthly breast self examinations. With the wonderful support of Curves, an organisation whose mission statement is 'strengthening women', I hope that this campaign

will be the beginning to have the Olivia Aid available to every woman in Australia and will become a staple in every bathroom cabinet in the next 5 years." Diane Heavin, co-founder of Curves, says, "After I used it myself, I couldn't wait to get the Olivia Aid into the hands of a million women."



Olivia Newton-John

You can have an **Olivia Aid FREE** by providing 3 buddy referrals or proof of a recent mammogram. Or you can purchase one at the great Curves-Member-only discounted price of \$10.95.

You can also register for a **free self-exam reminder** service at www.Mycurves.com or www.curves.com to receive a monthly email alert from Olivia Newton-John and Diane Heavin.

Birthday Star

Congratulations to **Bronwyn Hull**, our October Birthday Star. A fabulous 21 workouts during September — enjoy your new “Curvalicious” T Shirt. Happy Birthday to Bronwyn and all our October Birthday members.

Team Update

We welcome two new Members to the Team:

Marea Burgess is well known to many members and is enjoying her training as a Circuit Coach. Marea has been an energetic Curves member for a while and now brings her energy to coaching so she can help other members on the circuit.

Jackie Wilson has signed on as a Circuit Coach. Jackie has just spent a year working as a professional Show Jumper’s groom and is used to hard work, so look out!

Karan Button will return to the Circuit this month having been absent due to ill health. We’re glad you’re feeling well again Karan!

We are pleased to announce the appointment of **Elissa Wilson** to the position of Member Services Manager. Elissa has quickly adapted her previous gym experience to Curves and will now provide additional attention to day to day services, the full “circuit experience” and Club promotions. Elissa’s “first big gig” is the Curves Girls Night In “fine food fair” event — it should be a lot of fun for everyone.

Curves—good for the budget !

Member Debbi Rodden shares the following observation with us:

“ I had a look at the paper after my workout, and it occurred to me as I was walking home that my Curves membership saved me the price of the newspaper (\$1.30 or so).

If I had wanted to, I could also have had a coffee while I read it, saving me a further \$3.

I come to Curves 3 times a week (like a good girl does), so theoretically, if I read your copy of the paper, and have a coffee on Curves, I’m saving a total of \$4.30 per day x 3 per week = \$12.90. Approximately \$52 per month, with is a curious number, considering that my membership is \$50 per month!”.

We like your thinking, Debbi — thanks for sharing.

Massage those muscles

We are pleased to let members know about a new massage service available... Elissa Wilson has re-established her Queensland –based massage service in Goulburn offering Remedial Massage. Health Fund Rebates are available, Contact Elissa on 0419 424 517.

Manage your weight

The **6 Weeks Solution** is the Curves program that shows you how to enjoy permanent weight loss without permanent dieting. It’s not too late to join the next classes starting at 6.00pm from 15th October and then weekly. You can register at the front desk.

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

Raves for Goulburn

Some of our members have been visiting other Clubs around Australia and have come back full of praise about how much more friendly, enjoyable and effective their workout is at their home club, Goulburn.

And we’ve had great feedback from Curves members visiting us from other Clubs.... A member from Curves Darwin who works out at a lot of Curves around Australia, happily told us that Goulburn has now replaced the Gold Coast club as her favourite Curves!!

The s..t..r..e..t..c..h !

Yay!!! Members are loving the “better, safer stretch” they get on the new Stretch Circuit.

Remember stretching is SO important because it adds 19% strength benefit to your workout *and* protects your joints.

Ask the Coaches for help if you are not yet used to the new equipment.

R.I.P. Funky Friday

Funky Friday is taking a rest. Commencing October we will have occasional theme days to celebrate or acknowledge major National or International events and themes... our two special days for October are:

Friday 10th October - Happy Tails Day (RSPCA)

Wear a tail!!

Monday 27th October: Pink Ribbon Day —wear pink *and* make a donation to Breast Cancer to receive a free Olivia Aid

Lilac Festival

If you were looking for our float in the Lilac Festival Parade, we had to take a rain check (literally). We want to participate in community events and will have a wet weather fallback plan next year!

Thanks to those members who had volunteered to help out on the day—we’ll take an enthusiasm rain check for next year — and— see you at the Relay for Life?