

Please pass on newsletter to friends & family who may be interested in Curves.

# Curves

www.curvesgosport.co.uk

## GOSPORT JUNE NEWSLETTER

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## So What's Happening At Curves?

June 2008 Issue 1

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### Beaded Jewellery by Magdalena

Your chance to view and buy original designer beaded jewellery by Magda

**Wednesday 4th June**  
4.00pm - 7.00pm  
**Friday 6th June**  
9.00am - 1.00pm  
**Monday 9th June**  
4.00pm - 7.00pm



### Party Party Party!

Curves Gosport First Birthday!

On **Wed 9th July** we will be celebrating our first birthday. Keep your eyes peeled for news of how you can help us celebrate.



### Sudoku Competition - Winner!

The first correct entry picked out of the hat ....

**Adele Woodbridge**

Please go to the front desk and claim your **£5!**

Don't forget to sponsor our members doing their bit for charity this month!

See Club Notices

### TOP 5 STARS MAY 2008

- ★ 1 Sian King  
7.9 lb, 14 in
- ★ 2 Linda Denzey,  
7.9 lb, 10.75 in
- ★ 3 Sue Lumb,  
9.4 lb, 4 in
- ★ 4 Alison Tingley,  
3.4 lb, 10 in
- ★ 5 Dawn Clulow,  
5.5 lb, 7.25 in

Remember ladies, you can earn £10 Curves Cash for each friend you successfully introduce to Curves .

## It's ok- you won't look Like Arnold!

You may gain several pounds of muscle rather quickly, especially if you are new to strength training, but it will slow down once you reach your potential for muscle gain.

If your body fat percentage is high, you have saturated fat throughout the muscles like streaky bacon. As you burn body fat, you will find that your muscles become leaner and may look smaller, even though you have become firmed & toned. Love from your Curvettes



Well done to the following ladies, who have achieved 100 workouts

100

- |                 |                     |
|-----------------|---------------------|
| Teresa White    | Claire Powell       |
| Anne Webb       | Beverley Loch Henry |
| Sharon Tynan    | Rosemarie Lang      |
| Jane Liff       | Di Platts           |
| Louise Davies   | Adele Woodbridge    |
| Cheryl Blackman | Dawne Marlow        |
| Roberta Norton  |                     |
| Julie Keady     |                     |
| Rebecca Bonnell |                     |

In MAY

## I Love My Curves!



Very chuffed was at a party dancing away when a man watching said I was very fit. I am 71 years old so it was a lovely compliment considering the man in question was only 28 and a friend of my nephew!

Pat Crowe



This is a positive experience, people & staff encourage you and my breathing is so much better. If you don't feel energetic you can take it a bit easy. This is a realistic attainable session and a service to real people & not just fitness fanatics. Truly, if I can, anyone can!

Wendy Stannard

# Curves—the Power to Amaze Yourself