

- The introductory fee has been set at \$39, marked down from \$199.
- Below is the list of participating Curves:

Curves2009		
Curves Location	Curves Address	City, State, Zip
Jewett City/Lisbon	461 Voluntown Road # 6	Jewett City, CT 06351
Killingy/Danielson	748 North Main Street	Danielson, CT 06239
Ledyard	2 Chapman Lane # 1-B	Gales Ferry, CT 06335
Montville	220 Norwich-New London Tpke	Uncasville, CT 06382
New London/Waterford	258 Bank Street	New London, CT 06320
Norwich	20 New London Tpke	Norwich, CT 06360
Plainfield	782 Norwich Road	Plainfield, CT 06374
Putnam	175-C School Street	Putnam, CT 06260
Stonington	12 Coogan Blvd	Mystic, CT 06355

Why Does Curves work?

Curves works because it gives you a complete cardio and strength-training workout in just 30 minutes, where you can burn up to 500 calories every time.

The circuit is made up of resistance machines that work every major muscle group, two muscles at a time.

And with a Curves trainer to teach and motivate, you're sure to reach your fitness goals in no time. Whether you want to lose weight and inches, gain energy or tone up, the Curves circuit will work for you.

You already know that Curves works to give women a fast, efficient 90-minute workout in just 30 minutes. To achieve that, we combine strength-training, sustained cardio activity, warm-up, cool-down and stretching.

Strength training has long been a missing component in women's fitness, but it's a crucial to a healthy body. Pound for pound, muscle burns more calories than fat - and it also looks a lot better! Dieting without strength training leads to muscle loss, which makes it harder to lose weight. Strength training is also good for building strong bones. Sustained cardio activity -keeping your heart in its target training zone for at least 30 minutes - is great for burning calories and building lung capacity and aerobic fitness.

The Curves workout has been proven to be effective at protecting muscle, burning body fat and raising metabolism. In clinical trials, the least fit exercisers expended 164 to 238 calories during a 30 minute Curves workout, while the fittest burned more than 500 calories.

CurvesSmart

The Workout

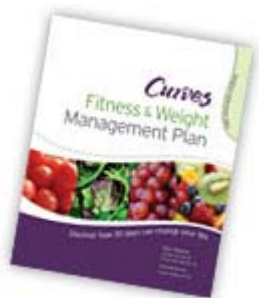


Motivation can be easy to find but hard to keep. That's why we invented CurvesSmart™. Now there's a workout designed to keep you motivated like never before.

CurvesSmart is a state-of-the-art personal coaching system that has been incorporated into our 30-minute circuit workout. Now every piece of equipment in our circuit is programmed with your body's information to give you moment-by-moment feedback. CurvesSmart also automatically adjusts to your body's endurance level so you stay continually challenged and achieve your potential on every machine, during every workout. CurvesSmart then automatically computes all of your workout data to produce detailed progress reports that show your overall muscle strength, your calories burned and how close you are to reaching your goals. It's the knowledge and motivation you need to get the results you want.

[Click here](#) to find a Curves location near you. Look for the CurvesSmart logo indicating CurvesSmart clubs.

When you join Curves, you get more than just place to work out. Read about the benefits of membership below.



Curves Fitness & Weight Management Plan

The Curves Fitness and Weight Management Plan is the perfect companion to your fitness routine. This book explains our strength training and university studied weight management plan, contains success stories and easy to follow menus to help you reach your weight loss goals. Ask your Curves staff how you can get a copy of the Fitness & Weight Management Plan.



MyCurves.com

MyCurves.com provides you with an online Curves community that's available at no charge, whenever and wherever you are — 24 hours a day, 7 days a week, 365 days a year. Filled with health content, recipes, and tools to help you succeed, MyCurves.com is valuable addition to your membership that can help you to be successful. Log on and connect to Curves members around the country — and around the world. If you're a Curves member, ask your Curves staff for your club's access code. If you're not a Curves member, [click here](#) for more information about [MyCurves.com](#).



Curves Weight Management Program

Our free Curves Weight Management Classes can help you get started with the weight management plan or just learn to eat healthier. If you are brand new to the program, begin with the Start Up Class. In the Phase 3 Class you will learn to boost your metabolism and the Special Topics Class will give you practical tips for healthy eating. *These classes are currently available only in the U.S. and Canada (excluding Quebec).*



The Curves 6 Week Solution

The 6 Week Solution is a series of classes designed to help you learn to eat right and manage your weight without permanent dieting. Not only will you learn to eat well, but you will also get the support and encouragement of others to reach your goals. Contact your local club for details about costs and class times. [Click here](#) to find a club now. *These classes are available in Quebec, Australia, New Zealand, UK, Ireland, South Africa and Spain.*



CurvesComplete.com™

CurvesComplete.com provides you with the Curves nutrition plan in a simply to use, online environment that you can access anytime, anywhere. Curves Complete has a variety of tools including a meal planner, exercise tracker, recipe database, healthy articles, access to experts, and message boards to motivate you toward your goals. It's the perfect complement to your Curves club membership. CurvesComplete.com is currently only available in the US and Canada. Unfortunately, this program is currently not available in Quebec. To visit CurvesComplete.com now [click here](#). If you're a Curves member, ask your club staff about more information about a special member discount on your CurvesComplete.com subscription.



diane® Magazine

This award-winning magazine is a gorgeous, full-color celebration of women of all ages, shapes and sizes. It's packed with inspirational stories, cutting-edge fitness and nutrition information, success stories, recipes, celebrity interviews and so much more. Special issues tackle difficult topics like eating disorders and domestic violence with honesty, authority and compassion. From cover to cover, it's an uplifting, informative read that will make you proud to be a woman. It's only available through Curves. diane Magazine is available to members at participating Curves locations in the US, Canada, UK, Ireland, Australia, South Africa, and New Zealand. [Click here](#) to find a Curves location near you.



Curves Travel

The Curves community is global and is made up of women who travel, by themselves, with family and with friends. Just as weight loss and fitness provides a better quality of life, so does travel, as it is rich with new experiences, new friends and lasting memories! Curves Travel is committed to providing the highest level of service to Curves members and your families and to help you celebrate all that life and the world has to offer! Curves Travel is the approved, licensed, travel management company of Curves! Curves Travel is currently only available to Curves members in the US and Canada. [Click here](#) to visit CurvesTravel.com.



Curves Nutritional Products

Curves has a complete line of dietary supplements to meet your health and weight management needs. The Multivitamin provides a solid nutritional foundation, the Calcium protects your bones, and the Curves Protein Shake is a delicious post exercise recovery drink. Curves has several supplements available to help you to meet your nutritional needs. Ask your local Curves staff about product availability in your area. Curves Nutritional products are available at participating locations in the US, Canada, Australia, New Zealand, UK, Ireland, South Africa, Spain, Mexico. To find a Curves location, [click here](#).



The Curves Collection

Are you proud of your curves? Curves has a product line developed just for you. From T-shirts and shorts to tools such as portion control plates. All designed to keep you on track. If you're not a Curves member but you are a fan of one, you can't go wrong with the gift of Curves. The Curves Collection products are available at participating Curves locations in the US, Canada, Australia, and New Zealand. To find a Curves location near you, [click here](#)