



The best way to get fit is to have a good time doing it

Laughter burns calories.
How funny is that?

Curves is a fitness center designed for women. We strive to provide you with personalized service and a high quality facility in a friendly, non-intimidating environment. Each member gets the benefit of a staff member on site at all times to help you achieve the best workout available. Circuit training utilizes hydraulic resistance - single positive and double positive equipment. You are never alone when working out and you have the support and encouragement of other women. Six million women can't all be wrong, can they?

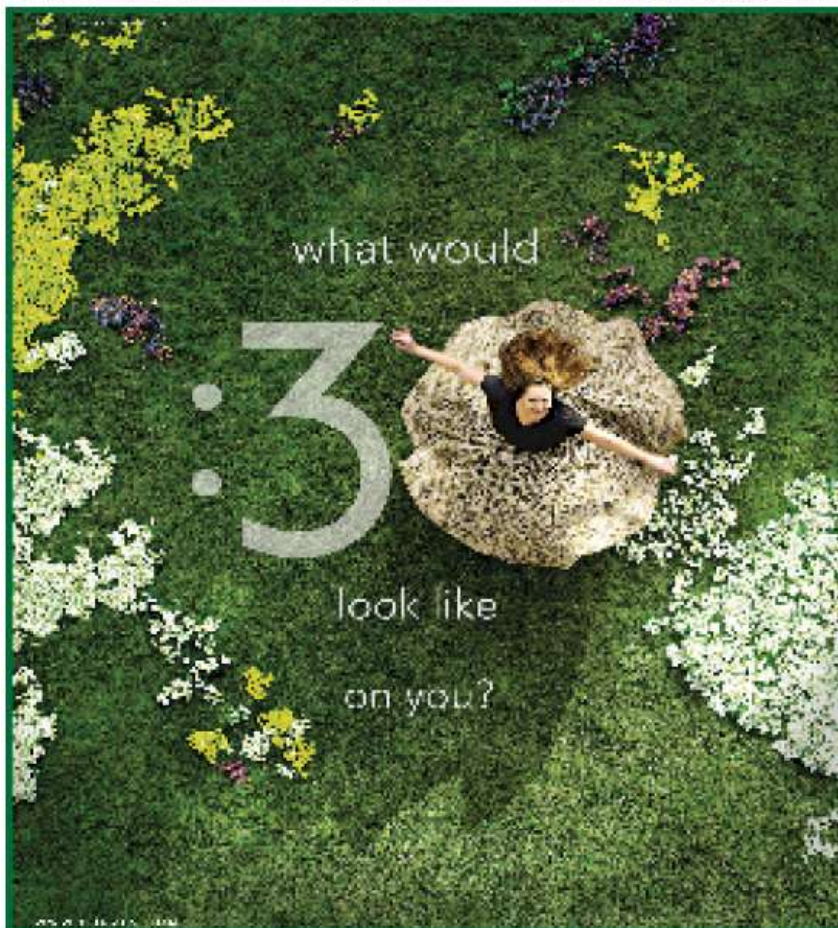
Studies have shown that 25 percent of weight loss by dieting alone is muscle and less muscle results in a lower metabolic rate. Strong muscles

provide the support for joints and vertebrae that keep your body stable and working properly. Bone density increases as a result of load bearing activities. If you are strength training as you lose weight, your body prioritizes muscle tissue and burns more body fat. By protecting muscle mass as you lose weight, you are more likely to reach your weight loss goals and maintain them.

Curves 30-minute workout utilizes every major muscle group with strength training, cardio and stretching. Now there's CurvesComplete.com: an online subscription diet and fitness solution based on founder Gary Heavin's New York Times bestselling book Curves, Permanent Results Without Permanent Dieting and the results of an ongoing univer-

sity study. Heavin and his wife Diane are considered the innovators of the express fitness phenomenon that has made exercise available to more than four million women worldwide. With more than 10,000 locations in dozens of countries, Curves is the world's largest fitness franchise. For more information, please visit: www.curves.com or www.curvescomplete.com.

If you are thinking of or have already moved to our town, please come check us out. Curves employees participate in our community through a variety of events including our yearly food drive and Relay for Life team. We are located just North of town at 1927 N Shawano Ave. Call 920-982-9805 or 920-359-0222 today or stop to see us.



Our 30-minute workout comes with the total support of our trainers for proven results.

Take 30 minutes on the Curves circuit where it's all about you for a change.

Our trainers are always there to teach, inspire and help you get the most out of our proven total-body workout.

Curves of New London
YOUR CURVES WILL AMAZE YOU! **920-982-9805**

1927 N. Shawano St., New London, WI
e-mail: 97mubj@curvesmail.com

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