

Curves

Timperley Monthly
Newsletter

December 09



Motivate a mate

This month we are giving you all the opportunity to give someone you know a **FREE** Workout. All they have to do is call the club and quote your name and they will receive a free workout. This is a fantastic opportunity not to be missed! To everyone you have told about Curves, this is their chance to experience it for themselves.



Ladies Christmas Lunch



A few of our members have organized a Ladies Christmas Lunch for you all to come along to! The lunch will be held in The Quarry Bank Inn in Timperley on Friday 11th December at 1.30pm. This is a great chance to meet other ladies that are working out at Curves Timperley. All you have to do is add your name to the attendance list & the order you would like, the list located on the notice board next to the stretching area.

2009 Round Up!

This year has been a great year for Curves Timperley, with lots of pounds and inches lost and lots of money raised for charities. This year we have lost the equivalent to 755 household bags of sugar! This is 108stone & 7lbs!! WOW! Together we have raised £1084.75 for Breast Cancer Care, Genesis, and The Daffodil Appeal and not to forget all the food we raised for The Salvation Army which weighed in at 143Stone and 10lbs! Thank you to everyone who kindly helped us!

Lost Property

Over the last few months we have accumulated some coats, jumpers and left behind items. In January any un-claimed items will be bagged and sent to a local charity shop. Therefore please ensure you have all your belongings with

Share Your Services...

Avon Calling

Let's welcome our new Avon Representative (and Curves Member) Kim Bailey. Pick up your brochure and enjoy free delivery and regular freebies. So call today on 07904256568

Richard Williams Professional Driving Instructor

Buy someone a great gift this Christmas: - **Lessons!** 10 beginner lessons for only £150!! Or for Christmas vouchers available.

www.learn-with-richardwilliams.com

New Weight Loss Classes...

Curves Timperley have now launched our new weight loss classes and so far the results have been fantastic for example Karen losing 7.50 lbs in 2weeks!! Our registered Dietician Nadia Rodman has been working over the past few years on our new program and we are ready to get it started in Timperley.

Best of all the classes are

FREE!!!!

Please see the notice board for more details on how you can secure your place.

Places are limited to 20 per class and it is first come first serve.

The classes will take place in the club so please see the notice board for dates of each class each month.

So if you need that extra helping hand to shift those extra festive pounds in January.

Curves of Timperley, Paul House, Stockport Road, WA15 7UQ

Website: www.curvestimperley.co.uk

Telephone: 0161 903 8444

Christmas Opening Hours

Christmas Eve: 9am – 1pm

Christmas Day: CLOSED

Boxing Day: CLOSED

Monday 28th Dec: CLOSED

Tuesday 29th Dec: 10am – 2pm & 4pm – 7pm

Wednesday 30th Dec: 10am – 2pm & 4pm – 7pm

Thursday 31st Dec: 10am – 2pm

Friday 1st Jan: CLOSED

Saturday 2nd Jan: 9.30am – 1pm

The last workout will be 30 minutes before each closing time!
Monday 4th January 2010: Open As Normal.



Results for the Month of Nov:

Top Weight loss/inches

1st: Pam B -9lbs and -11.25 inches

2nd: Jackie R – 7lbs and 2.25 Inches

3rd: Emma A -6.50lbs and -4.75 inches

Well done also this month to **Claire S** -5.50 pounds and -3.50 inches, **Sally E** – 5.50 pounds and 3.25 Inches, **Chris S** -4.50 pounds and -5.00 inches..

Top Attendees:

Well done to Jackie R, Nancy A, Jan C, Pam S, Krishna V, Sharon C, Angela B and Margaret G, who were the top attendees this month, with 17 (plus) workouts!

The club's total weight loss this month was 153.50 Pounds (10st 13.50bs) and 165.50 Inches. Fantastic!!

Well done to everyone who got weighed and measured this month.

Thought of the Month

"The best of all gifts around any Christmas tree is the presence of a happy family all wrapped up in each other"

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Recipe of the Month



Chestnut, apple and pine kernel stuffing: By Lotte Duncan

Preparation time less than 30 mins, cooking time 10 to 30 mins
serves 6-8

Ingredients

1 small onion, chopped
grated zest of 1 lemon
1oz (25g) butter
4oz (110g) white breadcrumbs
1 tbsp (15g) chopped parsley
2 English dessert apples, peeled, cored and chopped
2oz (50g) pine nuts
4oz (100g) chopped tinned chestnuts
2 medium eggs, beaten
salt and freshly ground pepper

Method

1. Preheat oven to 180C/350F/Gas 4/160C for fan oven.
2. Gently sweat the onion and lemon zest in the butter for 10 minutes.
3. Add the onion mixture to the other ingredients, binding with the eggs.
4. Roll into balls and place on a greased baking sheet. Cook for 20 minutes or until brown. Serve around the turkey.



Hot Chocolate Butternut

Ingredients:

2oz Butterscotch Schnapps
0.5oz Amaretto
5oz Hot Cocoa

Method:

Add all the ingredients into a coffee mug. Stir well.

December Promotion

From the 16th November all new members can Join and get the **Rest of the Year Free!!**

So tell all your friends, family and co-workers about our great deal and get them shaping up for Santa!

With just over 7 weeks to go, the countdown is on!!!

Got a friend who wants to join in the fun?? Just get them to give us a call and soon they can be achieving great results.