

Curves

Timperley Monthly Newsletter

Dec 2008

Curves Smart



Curves Timperley are excited to announce the introduction of CurvesSmart to our facility. We have been selected as one of the first clubs to receive this most advanced fitness technology in world and we are thrilled to be able to bring it to you.

What is CurvesSmart?

CurvesSmart is a state of the art personal coaching system that has been incorporated into our 30minute circuit workout. Now every piece of equipment in our circuit is programmed with your body's information to give you moment to 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 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.

How do I find out more?

Our club has now been installed with this fantastic fitness technology members will be able to access this from 1st December 2008. We ask members to pre-book their CurvesSmart Training and Programming Appointment, due to the outstanding response we have had in the lead up to our installation. Appointments are limited each day, so to find out more please see a member of staff and get them to arrange your CurvesSmart appointment today!!

Businesses of the Month

Finishing Touch and Hair Beauty

For all your hair and beauty needs why not pay a visit to Finishing Touch. With a range of services available there is something for everyone. So why not make yourself glamorous for the Christmas Party season. Call: 0161 904 9990

Mobile Valeting Service

Why not treat your car this month and call Northwest Valeting from Basic wash to interior valet and machine polishing they can give your vehicle a professional make-over. Call Philip 07864820261

Question Time:

Each month you take turns in answering some tough questions. This Month Olwen Leigh is under the spotlight.

If you could have any superpower, what would it be?

To make people smile more and be happy.

If you could live anywhere in the world, where would you live?

Any where that it is hot and sunny ☺

Name 1 thing you miss about being a kid? Getting really dirty and not getting told off! (Ooh we bet you were a right hand full Olwen!!)

What's your favorite thing to do on a Saturday night? I love to meet up with our friends and have a nice meal and a few drinks.



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

Website: www.curvestimperley.co.uk

Telephone: 0161 903 8444

Christmas Opening Hours...

Monday 22nd Dec: 9 - 2pm & 4 - 8pm
Tuesday 23rd Dec: 9 - 2pm & 4 - 8pm
Wednesday 24th Dec Christmas Eve: 9am - 12pm
Thursday 25th Dec Christmas Day: CLOSED
Friday 26th Dec Boxing Day: CLOSED
Saturday 27th Dec: 9.30am - 12.30pm

Monday 29th Dec: 10am - 2pm
Tuesday 30th Dec: 10am - 2pm
Wednesday 31st Dec New Years Eve: 10am - 2pm
Thursday 1st Jan New Years Day: CLOSED
Friday: 2nd Jan: 10am - 2pm
Sat 3rd Jan: 9.30am - 12.30pm.
**Opening Times back to normal as of Monday
5th Jan.**

We would to wish everybody a very Merry Christmas
and a Very Prosperous New Year.

Christmas Joke.....

Why did the little girl change her mind about buying her
grandmother a packet of handkerchiefs for Christmas?

Answer: She said "I could not work out what size her
nose was!"

Curves Christmas Party...

We have now sorted out a date for our Christmas Party
☺ **Thursday 11th December.** Our party is being held
at The Cresta Court Hotel Altrincham. On the night
there will be a 3 Course Meal (Vegetarian option
available) with a drink provided & finished off with Tea
& Coffee. All of this for only £20.00!! If you are
interested or want more information please see staff to
purchase your ticket! Payment on purchase of Tickets
Please.



Thought of the Month

"Our self-image and our habits tend to go together.
Change one and you will automatically change the
other." Maxwell Maltz

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Recipe of the Month

Yes this is one for all you Delia Smith's out there, every
month we will include a tasty recipe for you to try out as a
side dish for your Christmas Dinner. Enjoy ☺

These tangy horseradish-cream-topped Brussels sprouts
are just the thing to serve with corned beef and potatoes,
or alongside a holiday ham or turkey. Look for sprouts
with tight, firm, small deep-green heads; if they're still on
the stalk, so much the better. To prepare, peel off outer
leaves and trim the stems. Double it: Steam the Brussels
sprouts in a Dutch oven instead of a saucepan.

Makes 6 servings, 1 cup each

ACTIVE TIME: 20 minutes

TOTAL TIME: 20 minutes

EASE OF PREPARATION: Easy

1 1/2 pounds Brussels sprouts, trimmed and halved
4 strips crisp-cooked bacon, finely chopped
1/4 cup reduced-fat sour cream
2 teaspoons prepared horseradish
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper

1. Place a steamer basket in a large saucepan, add 1
inch of water and bring to a boil. Put Brussels sprouts in
the basket and steam until tender, 6 to 8 minutes.
2. Mix bacon, sour cream, horseradish, salt and pepper
in a medium bowl. Add the Brussels sprouts and toss to
coat.

NUTRITION INFORMATION: Per serving: 80 calories; 3
g fat 9 g carbohydrate; 5 g protein; 3 g fibre; 222 mg
sodium;

Results for the Month of November:

Top Weight loss/inches

1st: Jayne White lost 4.75 inches and 6.50 lbs

2nd: Barbara Jones lost 8.25 inches and 5.00 lbs

3rd: Jayne McAllister lost 3.75 inches and 5.50 lbs

Top Attendee:

Carol Nicholls: **19 Workouts**

Helen Dudley: **18 Workouts**

Shal Peter: **16 Workouts**

This month Curves Timperley all together lost **8stone
and 2 Pounds** and **188 Inches!!! WOW!!** Well done to
everyone who got Weighed & Measured this month!

**Want to Shape up for Christmas? Why not book in
your Weigh & Measure and get yourself motivated
towards those goals and into that party frock.**

**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.**