

TOOLS available for you from Curves!



The Curves® Circuit allows you to exercise. You will always have a trainer to teach and motivate you. You can borrow will power from a friend at Curves. Working out 30 minutes, 3 times a week will help you achieve your fitness goals.



The Curves Member Guide is your membership owner's manual. In addition to explaining our strength training and university studied weight management programs, it also contains success stories and useful recipes and menu plans. The Member Guide is a resource that you can use throughout your membership to help you achieve results.



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.



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. From essential Omega-3s to Joint Support, Curves has a supplement to meet your needs.



Curves Foods™ offer several great options to make sure you eat nutritiously to complement your Curves exercise routine. There's scrumptious snack bars in Strawberries & Cream and Chocolate Peanut flavors, just for you or to share with the whole family!

Curves

YOUR CURVES WILL AMAZE YOU.™