

Lisa Camp

Curves

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You can get fit!

Curves is a facility specially designed for women, featuring a complete 30 minute workout and weight management program that is fun, fast and safe.

You can get fit. The combination of resistance training and cardio exercise protects muscle, increases metabolism and burns fat. Women who thought they could never loose weight amaze themselves at Curves.

You can have fun. Members say their workout is over before they know it because they often laugh their way around the circuit. At Curves there are no mirrors, no makeup. Just women like you reaching their goals and having fun.

You can stick to it. Strength training is the secret to permanent results. And the support of our trained staff and welcoming members is the secret to lasting motivation. Women who join Curves keep coming. You will too.

You can do this. You've probably tried traditional gyms or exercise fads. Curves is neither. There are no fancy dance steps to master or complicated machines to wrestle with. Just a simple, effective circuit and a staff member to help if you need it.