



Curves®

So Many Ways to Get Stronger

Our health and wellness programs support a happier, healthier lifestyle

For over 25 years Curves has become a worldwide leader in women's fitness with its 30-minute express circuit and caring, supportive communities.

Today, we offer a variety ways to help become stronger, healthier and happier that fit with today's demanding pace of living. Our programs, offered in our clubs and/or virtually online make Curves the perfect choice for improved health and wellness.

Making Curves Work for You

Curves programs and services can help provide solutions for a variety of lifestyles and fitness levels. We can also customize a plan for you based on your health and fitness goals.

Curves provides everything women need to live an active, healthier life.

What's most important to you?

- ✔ **Building strength or flexibility?**
- ✔ **Having a coach in-club or online for support and accountability?**
- ✔ **Losing or maintaining weight?**
- ✔ **Focusing on specific health topics?**
- ✔ **Making better lifestyle choices?**
- ✔ **Finding a supportive community of women?**



Our Programs

Curves famous 30-minute in-club express circuit.

Strength training, cardio and stretching backed by a certified Curves Coach and a caring, supportive community.

- ✔ Safe and effective hydraulic resistance strength training machines designed for women of any fitness level
- ✔ Specialty classes ranging from high to low intensity: boxing, cardio, body basics, balance
- ✔ Certified Curves coach at every workout
- ✔ A locally owned and operated small business in your community
- ✔ Workout with peace of mind from our clean and sanitized Curves clubs
- ✔ A caring, supportive community of like-minded members

MyCurves On Demand.

Our streaming program brings our 30-minute total body workout online.

- ✔ Unlimited access – workout at home or anywhere, anytime, on any device
- ✔ Trusted fitness program developed by Curves experts for fun, fast and safe workouts
- ✔ Strength training workouts with functional movement to target all your muscle groups
- ✔ Higher to lower-intensity specialty classes – perfect for all levels of fitness
- ✔ Variety of workouts including express classes, audio workouts, and monthly challenges
- ✔ Led by Curves coaches – real women just like you
- ✔ First month includes a high-quality resistance band

Curves Health & Wellness Education Series Classes.

Specialized courses on important health topics like balance, stretching, pelvic floor, and more.

- ✔ Self-paced weekly learning
- ✔ Education on different health topics and strengthening techniques
- ✔ Exercises that progress each week
- ✔ Stream from your favorite device
- ✔ 6 weekly check-ins with a Curves coach, in-club or online, for support and accountability
- ✔ Community of women getting stronger together
- ✔ Members can take advantage of classes anywhere, anytime via their device of choice.

Curves Nutrition and Weight Management program.

Weekly learnings, articles, recipes and more with practical ways for anybody to incorporate better nutrition into their lives.

- ✔ Healthy, balanced and sustainable weight loss program
- ✔ Three phase approach to weight loss to help build healthy eating and exercise habits
- ✔ Self-paced weekly learning
- ✔ Education on different aspects of nutrition and healthy eating habits
- ✔ Weekly check-ins with a Curves coach, in-club or online, for support and accountability
- ✔ Research backed by health and nutrition experts

Locally Owned and Operated

#CurvesStrong



Curves.com

Curves Real Strength for Real Women

Franchise opportunities available. For more information: [Curves.com/BuyCurves](https://www.curves.com/buycurves)