

Curves - Fitness that Feels like Home

When you walk into a Curves for Women fitness facility, one of the first things that you may notice is the warm welcoming atmosphere. It feels like going to meet family or friends. Many of the Curves members come and work out regularly because of the camaraderie they feel with the other women there and look forward to their 30 minute workouts with their friends as much as they look forward the positive results they are seeing. At Curves, this friendly, all women environment is designed for a complete aerobic and strength training workout in just 30 minutes. With over 10,000 locations worldwide and a program that is based on women specific medical research, Curves is making a positive impact on the lives of women everywhere.

Women of greater North Houston are fortunate to have several independent Curves franchises to serve them that are all owned by local women. The Champions Curves, located at 5125 FM 1960 W, is owned by Carol Walton. Carol's Champions Curves location has a lot to celebrate this December. Not only is this their 7th anniversary, but they just earned the prestigious **Shining Star** status awarded by Curves to clubs that have proven they provide outstanding quality, service and adherence to Curves methods. The Champions store is also very excited about the recent arrival of the innovative Curves "smart equipment" with personal coaching capabilities. The technology both motivates and challenges you to achieve your goals by creating a precision designed workout with continuous feedback and progress reports.

The Cy-Fair Curves facility, located at 12218 Jones Rd., Ste. I, is owned by Laura Stokes. Laura has always been interested in fitness and loves working with the ladies at her Curves facility to help them achieve their fitness goals. Then, the youngest of the three featured Curves locations is the Klein-West location at 9440 Louetta Rd. in Spring. Carlene Jackson has been the owner of this location for just over a year and she is excited about its potential. Carlene had been an active member of other Curves facilities for over 3 years before purchasing her business. She was first drawn to curves because of its Christian based philosophies and enjoyed being able to work out to Christian music at a "gym". After researching the story behind Curves, she knew it was an organization she wanted to be a part of.

Further evidence of the Female touch at Curves is their generous spirit. Curves supports our community by participating in food and clothing drives for the Food Bank and other women's charities. They also encourage women to monitor their health by offering a reduced service fee during the month of October with proof of a mammogram. And if you missed the recent MD Anderson Blood Drive there, keep checking with them to find out the schedule for their next one.

So if you can spend 30 minutes, 3 days per week to improve the quality of your life, and would prefer an environment designed specifically for women who encourage one another to reach their goals, then Curves is definitely the place to consider. If you would like to learn more about Curves and the research behind their programs, drop by and visit any of the locations listed here or visit www.curves.com.

On the cover... Mary Bronte, Carlene Jackson, and Carol Walton