

The Right Kind of Curves

By Dawn Berry

Attention women, here are some curves you can welcome! The Curves club franchise is one of the largest fitness franchises in the world that caters strictly to women.

With locations in more than 70 countries, including the United States, Canada, Europe, South America, the Caribbean, Mexico, Australia, New Zealand, South Africa and Japan, it's refreshing to know one can be found close to home in Bonsall, California.

Christy Nannis and her husband, Peter, recently took over the local club because they felt an obligation to the community.

"There are so many dedicated and loyal customers in the Fallbrook and Bonsall area," Nannis said. "We really had a motivation to keep the club open for them, especially since there are no other clubs around."

The foundation of Curves is 30 minutes of circuit training. Circuit training is a combination of aerobics and resistance training designed to

target fat loss, build muscle and improve the fitness of your heart and lungs. The time between each exercise is short with rapid movement to the next exercise, which is how you get a thorough workout in just 30 minutes.

"That's the key with Curves," Nannis said. "It's not brain surgery, and it's not something that has never been done before. It's just 30 minutes of support and encouragement with the right equipment and the appropriate guidance of what to do and how to do it."

Curves provides members with a complete cardio and strength training workout that can burn up to 500 calories in half an hour. More importantly, it works every major muscle group which helps members achieve quick results when it comes to toning and body mass.

This year's corporate theme is "Stronger Together," which Nannis says is very fitting.

"It's all about helping other women feel strong and healthy," Nannis explained. "It's a collaborative effort – we're a group. We're a team, and for

thirty minutes, we are working towards the same goal of health and fitness."

Bonsall Curves not only makes it easier by requiring just 30 minutes to fit a workout into your day, but it also helps make working out easier on the pocketbooks. Nannis said her club provides monthly educational classes that are free and open to the public, and they offer free membership trials.

"Not everyone is aware of the free weight management classes we offer," Nannis said. "You don't have to be a member, and you don't have to buy any food to participate. The classes are simply to help educate our community about healthy living and healthy eating habits."

Classes cover everything from how to eat right and how to buy the right foods to weight control, portion management and how to monitor your progress.

Bonsall Curves actually has a cool, new system to help monitor your progress. It's called CurvesSmart and it's considered a state-of-the-art



coaching system. Not every club has one, but Bonsall's does and it's changing the way members workout.

"Every piece of equipment is programmed with your body's information to give you moment-by-moment feedback," Nannis said. "It automatically adjusts to your body's endurance level and computes all your workout information. Then it gives a report that shows your muscle strength, your calories burned and how close you are to reaching your goals. It really helps motivate members."

Bonsall Curves is currently offering free monthly trial membership and free weekly passes. The club is located at 5525 Mission Rd., Bonsall. For more information, call 760-945-3536 or visit the club's Web site at www.curveslocal.com/1713/

Burn up to 500 calories in 30 minutes? Believe it.

Our 30-minute circuit works every major muscle group, two muscles at a time, so you can burn up to 500 calories. All with a trainer to teach and motivate.

JOIN NOW 50% OFF*

*Offer based on first visit enrollment, minimum 12 mo. c.d./e.f.t. program. Discount applies to initial service fee. New members only. Not valid with any other offer. Valid only at participating locations. ©2009 Curves International, Inc.

curves.com **Curves**

THE WORLD'S LEADER IN WOMEN'S FITNESS

760/945-3536
5525 Mission Rd., Ste. A
Bonsall, CA 92003

Ace Party Productions

- Canopies & Tents
- Heaters
- Linens
- Dinnerware
- Flatware
- Glassware
- Tables & Chairs
- Concessions
- Inflatable Jumpers & Slides
- DJ Services

and much, much more!

760-451-0639
584 Industrial Way, Fallbrook
www.AcePartyProductions.com