



# Aloha Curves/Jenny Craig

30-minute Fitness & Weight Management Center

~ DECEMBER 2017 ~

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**WE CLOSE TUESDAYS & THURSDAYS FROM 12PM-1PM FOR STAFF DEVELOPMENT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM – 7:00PM	5:00AM – 12:00PM 1:00PM - 7:00PM <i>Coed Hours: 2:30PM-4:00PM</i>	5:00AM – 7:00PM <i>Coed Hours: 2:30PM-4:00PM</i>	5:00AM – 12:00PM 1:00PM - 7:00PM <i>Coed Hours: 2:30PM-4:00PM</i>	5:00AM – 6:30PM <i>Coed Hours: 2:30PM-4:00PM</i>	7:00AM – 12:00PM
				1 No classes - <i>Monthly Check-ins with a Coach</i>	2 No classes - <i>Monthly Check-ins with a Coach</i>
4 No classes - <i>Monthly Check-ins with a Coach</i>	5 No classes - <i>Monthly Check-ins with a Coach</i>	6 No classes - <i>Monthly Check-ins with a Coach</i>	7 5:30am Balance 8:30am Toning 10:30am Toning 1:00pm Boxing 4:30pm Balance 6:30pm Wild Card	8 5:30am Wild Card <b>7:00am Wild Card</b> 8:30am Wild Card 10:00am Zumba* 10:30am Zumba* 12:00pm Cardio 5:45pm Cardio	9 9:00am Boxing 11:00am Boxing <i>{ Holiday Service Project Ends }</i>
11 No classes - Strength & Cardio Day!	12 5:00am Balance 7:00am Toning 8:00am Toning 1:30pm Balance 5:30pm Zumba* 6:00pm Zumba*	13 7:15am Balance 9:30am Balance 11:00am Toning 3:30pm Toning 6:15pm Cardio	14 5:30am Toning 8:30am Balance 10:30am Cardio 1:00pm Toning 4:30pm Boxing 6:30pm Wild Card	15 5:30am Wild Card <b>7:00am Wild Card</b> 8:30am Wild Card 10:00am Zumba* 10:30am Zumba* 12:00pm Boxing 5:45pm Boxing <i>{ 7pm Bunco! }</i>	16 9:00am Balance 11:00am Balance
18 No classes - Strength & Cardio Day!	19 5:00am Toning 7:00am Balance 8:00am Balance 1:30pm Toning 5:30pm Zumba* 6:00pm Zumba*	20 7:15am Toning 9:30am Toning 11:00am Cardio 3:30pm Cardio	7 5:30am Balance 8:30am Toning 10:30am Toning 1:00pm Boxing 4:30pm Balance 6:30pm Wild Card	22 5:30am Wild Card <b>7:00am Wild Card</b> 8:30am Wild Card 10:00am Zumba* 10:30am Zumba* 12:00pm Toning 5:45pm Toning	23  <b>CLOSED</b> Enjoy your holiday with loved ones!
25  <b>CLOSED</b> Merry Christmas!	26 5:00am Balance 7:00am Toning 8:00am Toning 1:30pm Balance 5:30pm Zumba* 6:00pm Zumba*	27 7:15am Balance 9:30am Balance 11:00am Balance 3:30pm Balance 6:15pm Toning	28 5:30am Toning 8:30am Balance 10:30am Boxing 1:00pm Cardio 4:30pm Toning 6:30pm Wild Card	29 5:30am Wild Card <b>7:00am Wild Card</b> 8:30am Wild Card 10:00am Zumba* 10:30am Zumba* 12:00pm Balance 5:45pm Balance	30 9:00am Cardio 11:00am Cardio

**All classes incorporate the Curves Circuit equipment. During workouts, Coaches will help with form, range of motion, & speed for your safety & progress.**

**Balance:** Improve balance, stability & core strength; low intensity moves.

**Boxing:** Combines cardio, strength, coordination & balance movements.

**Cardio:** Enhances cardiovascular conditioning by raising heart rate & delivering a total body workout.

**Toning:** Improve overall fitness & tone arms, core, and legs.

**Zumba:** Combines the fun dance moves of Zumba with full-body strength training. Rotation is every 1 minute\*. No traditional Curves workouts or CurvesSmart use during this class.


## December Events:

**Monthly Coaching Session:** Dec. 1<sup>st</sup> – 6<sup>th</sup>, chat with a Coach to discuss your goals. If trying to lose weight, weigh & measure to track your results. This service is part of your membership and lets us know how we can serve you better.

**Curves Strong BINGO:** Get your BINGO cards Dec. 8<sup>th</sup> – Jan. 5<sup>th</sup>. For each BINGO you complete, get an entry in the drawing for PRIZES!! It's easy and FUN ☺

**Bunco:** This is a fun & easy dice game, typically held every 3<sup>rd</sup> Friday at 7pm. Bring \$5, a chair & a friend. CASH PRIZES!

**Christmas Holiday:** We will be closed Dec. 23<sup>rd</sup> – 25<sup>th</sup>. Merry Christmas from your Curves/Jenny Craig Team!



**LOSE 15 LBS for \$15\***

**+ \$50 in FOOD SAVINGS\*\***

**LOSE 3X  
MORE WEIGHT**  
THAN DIETING ON  
YOUR OWN!!!

