

# GRAND OPENING

## "Curves for Women<sup>®</sup>" Acton

### Monday, May 12<sup>th</sup>

### 370-374 Queen St., Unit 10

### 519-853-0502

Spring is here, many women promise themselves that now is the time to get into shape. That promise will be easier to keep for women in the Acton area. A new fitness club, *Curves for Women*, is now open. We are very excited to bring "one of the fastest growing health franchises in North America" to Acton.

*Curves for Women* utilizes a revolutionary new exercise program called *Quickfit*. The *Quickfit* system combines cardio and strength training in a circuit that is completed in 30 minutes.

Members will alternate upper body strength training exercise with aerobic recovery stations followed by lower body exercises. Your target heart rate, crucial for weight loss, is maintained while you perform strength training. This is possible because the *Quickfit* system is based on hydraulic resistance. Hydraulics utilize a cylinder where a piston will move fluid and the movement is more controlled - and there are not weight stacks to managed or change. The safe, accommodating resistance keeps you moving smoothly and safely around the circuit. It's the hydraulic resistance system that makes the *Quickfit* system safe for older women and women with health concerns such as arthritis. There are not classes or schedules to be concerned about. Members can come to the club at a time which fits their schedules. They simply start the circuit and the music will cue them when it's time to change stations and when to check their heart rate. And the music makes it fun!

The *Quickfit* system enables even the busiest women to get a complete workout. This is the only system that combines cardio and strength training in 30 minutes.

With conventional equipment, members would need to work out 90 minutes to achieve comparable results.

This a real benefit for women who believe they don't have enough time to exercise.

#### Kim went from a size 26 to 12!

*"Not only has my appearance changed drastically; It amazes me at how much weight affected my life, from health issues to self esteem; Curves has been 'life changing,' thank you for helping me find the person that I have always wanted to be for my family and myself."*



#### Tanya went from a size 26 to 8!

*"I now find joy in doing ordinary activities. I have changed my life forever...I don't know how long it will take to look at myself and realize that the person I see is me."*



FAST • FUN •

JOIN NOW & SAVE

**66%**  
\* off

Service Fee



**Curves<sup>®</sup>**  
for women

"30 minute fitness & weight loss centers"

**Georgetown Curves Already Open!**  
**Offer Also Valid at this Location**  
**39 Main St, Georgetown**  
**Call (905) 702-0418 for details**