Cun



30 minute strength training circuit with a Curves Coach



At-Home On **Demand Workout**



Virtual Online Curves Coach



Monthly Challenges



Specialty

NEW

Fitness Classes



Health and Wellness **Education Series**



You aren't alone! A coach to support you.



Nutrition and Weight Management Program

Find a local Curves and get a FREE MONTH¹ IN-CLUB

Scan here



Workout from Home plus a FREE MONTH*

Scan here



Try a LIVE Workout

with a Curves Coach Scan here



wrives Real Strength for Real Women

#Curves**Strong**







^Enrollment fee due up front and varies by location. Valid only with 12-month recurring billing in-club fitness and MyCurves On Demand combo membership. Membership must , first month's fee waived. Sales tax will be added and varies by location. Open to new and existing customers. Valid at participating locations only. Cannot be combined with any other offer or discount. No cash value. *Free month does not include a resistance band. Monthly charge is \$24.99 USD after the first month, if the subscription is not cancelled prior to the end of the 30 days. Sales tax will be added and varies by location. Open to new and existing customers. Cannot be combined with other offers. Outside the US, charges will be based on current currency rates. For full terms and cancellation go to https://www.mycurvesondemand.com/page/terms-of-service.