



before

MAZ'S STORY:

'It all began the moment my top button flew off my size 16 trousers, when I was working behind a bar full of customers! As the big 4-0 was looming and I didn't want to be 'fat and forty', I rang Curves. Just 30 minutes, 3 times a week is all it takes. This was brilliant for me as I just can't stick to a diet and have a busy life. I shocked myself by how quickly I lost! 8 pounds, 23.5 inches and 1.5% body fat in my first month of joining Curves. I was hooked!

Forty arrived and I felt fabulous!

Swindon's Maz Cooper has a lot to smile about these days.. she's 32.5 inches (83 cm) and 20lbs (1 stone 6lb) smaller, thanks to CURVES!

Curves

30 Crombey Street, Swindon Telephone: 01793 698400 • www.curves.com

Curves

Curves is the original 30-minute women-only workout. Founded in 1992, Curves has grown to 11,000 clubs in 80+ countries, with over 4 million members worldwide.

We have been in Swindon since 2005 and are going from strength to strength!



after

GET READY
FOR SUMMER!