

# Curves NEWSLETTER



## CURVETTE PARTY 2024: THE POWER TO AMAZE YOURSELF!

What an unforgettable day we had at the Curvette Party 2024! On 12th October, we gathered to celebrate the incredible women who embody the theme of this year's event: The Power to Amaze Yourself. It was a day full of inspiration, laughter, and empowerment, where we all came together to honour strength, resilience, and unstoppable energy.

The energy was absolutely electric as our Curvettes and Curvengers came together for a day of celebration and fun. The party kicked off with lots of photo taking, lively conversations, and excitement in the air, but that was just the beginning! There were fun activities for everyone: face painting, a magic show that left us all in awe, lucky draws with incredible prizes, and a Best Dressed contest that showcased just how stylish our community really is!

The Curvette of The Year 2024 Finalists were honoured in a special ceremony, where their achievements were celebrated by their peers and loved ones. Every finalist was a winner, but the real highlight of the day was how each woman showcased the Power to Amaze Herself.

A huge thank you to everyone who attended, participated, and made the Curvette Party 2024 such a magical event. We are so proud of all of you – whether you were nominated, celebrated, or simply came to enjoy the festivities, you are all part of this amazing community that continues to inspire us every day. A big shoutout also to all our sponsors for coming through with the fabulous goodies!



Here's to more strength, more amazing moments, and more opportunities to amaze yourself in the future. Until next time, Curvettes, keep shining!





# CURVETTE OF THE YEAR 2024 FINALISTS!

This year, we were blown away by the number of nominations – a total of 60 incredible women nominated themselves! After careful consideration, 12 finalists were selected and divided into three empowering categories:

- A. Inspiration – Women who have been a constant source of motivation, encouragement, and positivity to those around them. Their perseverance, uplifting energy, and unstoppable drive make them role models for all;
- B. Health – Women who have overcome health challenges through fitness and wellness, proving that true strength comes from within; and
- C. Smart Agers – Women who do not let age define them. They are a shining example of resilience and dedication, showing us that it's never too late to pursue our dreams and stay strong!

## Lights, Camera, Curvette!

Our finalists were treated to a fabulous photoshoot at Curves Signature Damansara Heights, where they got to dress up, and shine like the stars they are. The photos and videos from the day captured their beauty, strength, and unique stories – making it a moment they will never forget.



Inspiration Category: (L-R) Juliza, Irene, Juriani, Jane, Yuhaniz



Health Category: (Clockwise) Nur Asfarina, Sai Darshini, Nurfarahen, Nurulita Kiky



Smart Agers Category: (L-R) Suzanna, Parameswari, Rohanum



## HAPPY 13TH ANNIVERSARY, CURVES MALAYSIA

What a milestone! We were thrilled to celebrate 13 amazing years of strength, empowerment, and community at Curves Malaysia! To mark this special occasion, we invited all our incredible members to join our 13-Day Challenge!

Throughout August, we encouraged Curvettes to complete 13 days of curated moves which were new opportunities to boost strength and confidence. As a thank you for their dedication, completing the challenge earned Curvettes one free attendance at their respective clubs! It was our way of celebrating YOU – because you are the heart of our community.

We also welcomed new sign-ups with special gifts from Eau Thermale Avène and Klorane, adding an extra layer of joy to our celebration! Be sure to follow them on social media to stay updated on their latest offerings:

**Eau Thermale Avène Malaysia:**  
Facebook ([facebook.com/AvèneMY/](https://facebook.com/AvèneMY/)) and Instagram (@eauthermaleavenemy)

**Klorane Malaysia:**  
Facebook ([facebook.com/KloraneMY/](https://facebook.com/KloraneMY/)) and Instagram (@kloranemy)

We made this anniversary unforgettable together! Curvettes grabbed their workout gear, rallied their friends, and cheered on by their Coaches – got ready to crush their goals. Here's to 13 years of inspiring women to be their best selves – cheers to many more!



# CURVES BANGI SENTRAL'S 1ST BIRTHDAY



What an exciting milestone as we celebrate not just a year of growth and success, but a year filled with memories, community, and shared moments. It's hard to believe it's already been 12 months since Curves Bangi Sentral opened its doors and we couldn't be more grateful for the journey we've had so far.

In the past year, we've hosted events and fun activities, and watched as our community grew stronger with each passing day. We've loved every moment of it, and it's all thanks to YOU – our wonderful Curvettes have made this journey unforgettable.

Here's to many more years of celebrating success, joy, and connection!



# STRENGTH TRAINING FESTIVAL RECAP!

What an incredible July it was at our annual Strength Training Festival! The energy was electric as members embraced the weekly challenges designed to build muscle strength and community spirit. From planks to push-ups, every challenge was a step toward not only getting stronger but also having a ton of fun!

As Curvettes completed each challenge, they earned raffle entries for exciting prizes. What's a festival without a little friendly competition? Our clubs were buzzing with camaraderie and encouragement!

But that wasn't all! Curvettes were also invited to track their small changes by using emoji stickers on a special chart. Each sticker represented a triumph – whether it was feeling more energetic, sleeping better, or simply feeling more beautiful. The chart quickly filled up with a delightful array of emojis, showcasing everyone's hard work and progress!



Curves Bukit Jelutong



Curves Setia Alam



Curves Bandar Sri Damansara



Curves Bandar Utama



Curves Damansara Heights



Curves Kota Damansara



Curves Metrocity Kuching



Curves Bangi Sentral



Curves Wangsa Maju



Curves Seri Manjung

## BODY FAT % LOSS CHALLENGE WITH KIREI KIREI RECAP!

We celebrated strength and health with our Body Fat Percentage Loss Challenge at all Klang Valley Curves Club in collaboration with Kirei Kirei Malaysia – the number one hand soap brand in Japan!

As members embraced the challenge, the competition heated up! Curvettes motivated each other to shed body fat percentage while Coaches shared tips and cheered each other on.

At the end of the challenge, we celebrated our top 6 Curvettes of each Club who lost the most body fat percentage within a month. These winners were gifted Kirei Kirei's Anti-Bacterial Foaming Hand Soap which comes in three delightful scents – Refreshing Grape, Moisturising Peach, and Nourishing Berries – a perfect reward for their hard work and dedication!

Kirei Kirei's Anti-Bacterial Foaming Hand Soap can be found at your nearest stores. Show some love by visiting Kirei Kirei Malaysia on Facebook ([facebook.com/kireikireimalaysia/](https://facebook.com/kireikireimalaysia/)) and Instagram (@kireikireimalaysia)!



## MUSCLE CHALLENGE WITH COUNTERPAIN RECAP!

What an exhilarating time it was at all Curves club with our recent Muscle Challenge in collaboration with Counterpain Malaysia! This special event focused on building muscle strength while having loads of fun, and our Curvettes truly stepped up to the plate!

Throughout the challenge, participants pushed themselves to increase their muscle mass and encouraged one another to reach their goals. The atmosphere in the clubs was buzzing, with ladies cheering each other on and celebrating their progress every step of the way!

But wait, there was more! The top two ladies from each respective club who achieved the highest muscle mass increase during the challenge were in for a fantastic treat. Each won a fabulous set of Counterpain products. Not only did they gain muscle, but they also inspired everyone around them to embrace their strength.

We also want to extend our gratitude to Counterpain Malaysia for their fantastic support throughout this challenge. Be sure to visit their Facebook ([facebook.com/counterpainmalaysia/](https://facebook.com/counterpainmalaysia/)) and Instagram (@counterpainmalaysia) pages to show your appreciation and check out their amazing products!





## Q4 2024 REWARD

Gear up for an exciting reward this quarter! Complete 46 workouts and attend 3 weigh-in sessions from October to December 2024, and you'll earn a Curves Limited Edition Shoe Bag that celebrates your hard work and commitment. It's your chance to achieve your fitness goals and be recognised for your dedication. Don't miss out on this opportunity to shine and be rewarded!



## CURVENGER

Meet Coach Alissa, a passionate member of the Curves Malaysia family since June 2019! As a dedicated coach, Alissa exercises at least three times a week at Curves and has successfully lost 10 kg of body fat mass along her fitness journey.

On weekends, Alissa enjoys the perfect balance of adventure and indulgence. Whether it's going out for a delicious meal or engaging in outdoor activities like running, jogging, hiking, or camping with family and friends, she loves to stay active and make the most of her time. Often, you'll find her doing both – sweating it out and savouring good food!

What truly brings Alissa joy is witnessing her Curvettes complete their 30-minute workouts with smiles on their faces. She thrives on coaching them through the circuit and sharing her knowledge to help them achieve their fitness goals. Alissa emphasises the importance of making exercise a routine, reminding her clients that a strong body and mind begin with a positive mindset and clear goals. Seeing her Curvettes achieve great results fills her with happiness!

Recently married, Alissa is dedicated to leading a healthy lifestyle and always strives to make mindful choices when cooking or dining out with her family.

## SUBMISSIONS!

HERE, WE SHARE SUBMISSIONS FROM  
OUR CURVETTES AND CURVENGERS!

### Siti Yuzalmy Yusof Curves Kota Damansara Larian Sawah Padi Tanjong Karang

When it comes to fun runs, I'm all in! After all, it's called a fun run, so you know it's all about keeping things light and easy. I joined the Larian Sawah Padi Tanjong Karang on 1st September 2024. It was just a 7km run, but I decided to embrace the event's theme fully. I rocked up in the traditional baju kurung Kedah, complete with a batik sarong and a batik selendang. How's that for festive flair?

I finished the run in a leisurely 2 hours and 19 minutes. Why so long, you ask? Well, it turns out the run was more like a culinary adventure! Each checkpoint was a treasure trove of tasty treats – think fried tempeh, curry puffs, kuih koci, and crispy fried chicken. Naturally, we took our time to sample these treats and have a good chat with fellow runners.

At one of the checkpoints, I bumped into the Curvette crew from Wangsa Maju and Bangi Sentral – impossible to miss in their bright Curves Fitness Party t-shirts! We even got to groove to a live band at another checkpoint – yes, we totally busted some moves!

To cap off the incredible adventure, we reached a checkpoint serving fresh coconut water straight from the village. It was the perfect, refreshing finale to an unforgettable run!



Did you know that Siti Yuzalmy was also a finalist for Curvette of The Year 2023



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**Curves**  
ALL WOMEN FITNESS STUDIO



# ACHIEVEMENT OF CURVETTES

Congratulations to our extraordinary Curvettes for smashing your milestone workouts from July to September! Your steadfast resolve, commitment, and perseverance have demonstrated that achieving your goals is not only attainable but truly inspiring.

## Kota Damansara

**100th** Sharinawati & Zalilah

**300th** Ivy, NorAzlina, Bethany, Norshahida, Juliza

## Bandar Utama

**100th** Cecilia Ramadas, Christine Teh, Farida Tahir, Hanani, Juliana Patsy, Karishma, Nadiyah Roslan, Nadiya, Ng Pei Wen, Nichole Lim, Azlina, Rupali Sadhale, Akma Farizun, Teh Siok Ing, Umratil Munira

**300th** Jane Ng, Oh Paik Wan, Melanie Yeap, Alymah, Wong Lai Sin, Wong Ai Wee

**500th** Shahira Shahrudin, Noran Fauziah, Zuraida Mohammad

**700th** Sim Kay Loh, Ng Lay Yong

**1,000th** Jenny Won

## Wangsa Maju

**100th** Roshan, Haslina Jumadi, Nazahatul Akma, Farah Salwana, Atikah Azmi, Norkamaliah Razak, Roslina Lazid, Datin Rosnani, Normaisurah, Nik Hayati, Ani Liza, Haslina Jumadi, Azarith Sofea

**300th** Haidee

**500th** Sri Wahyuni

**700th** Erwany, Zubaidah, Siti Hamizah



Sharinawati



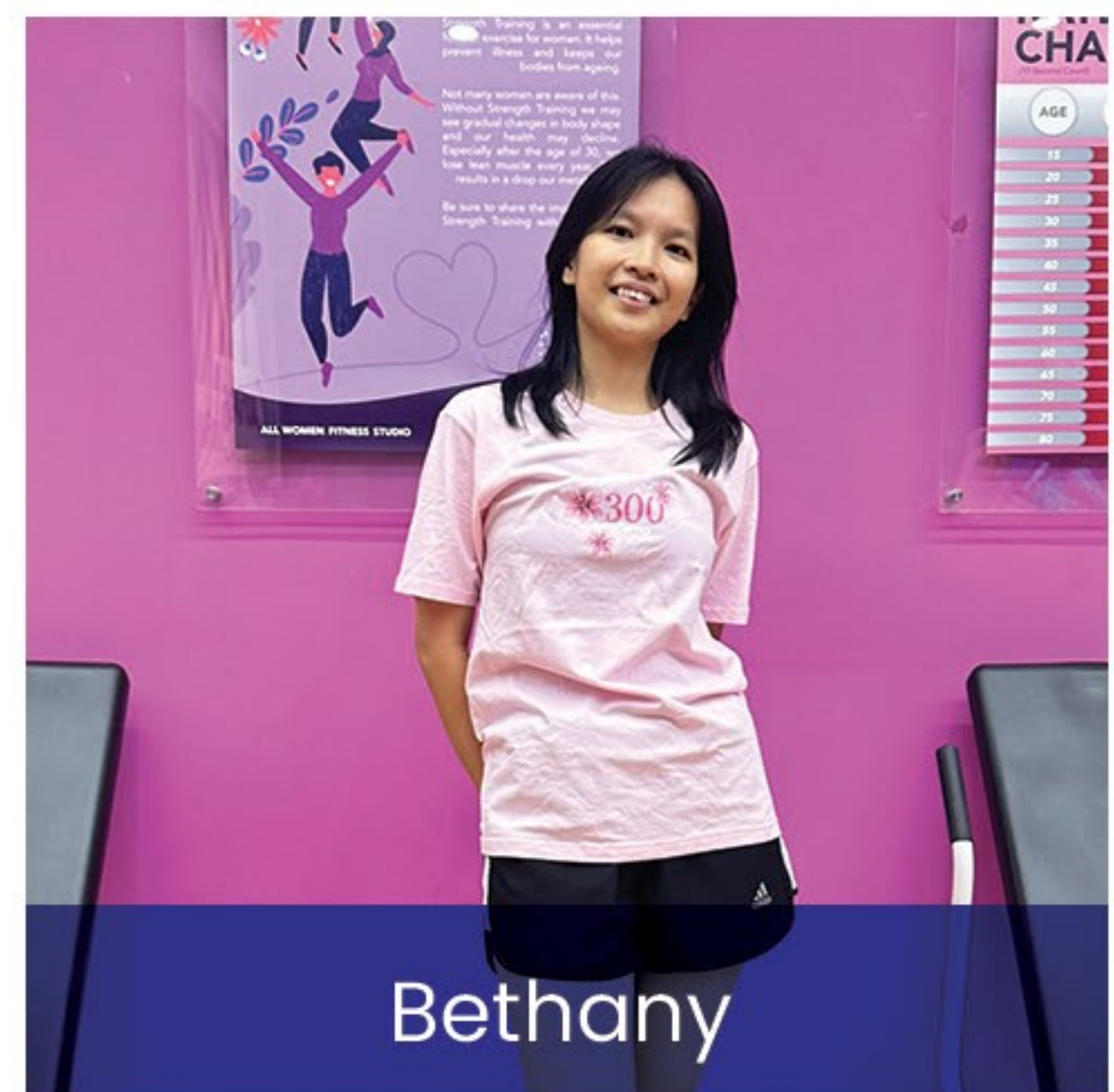
Zalilah



Ivy



NorAzlina



Bethany



Norshahida



Juliza



Cecilia Ramadas



Christine Teh



Farida Tahir



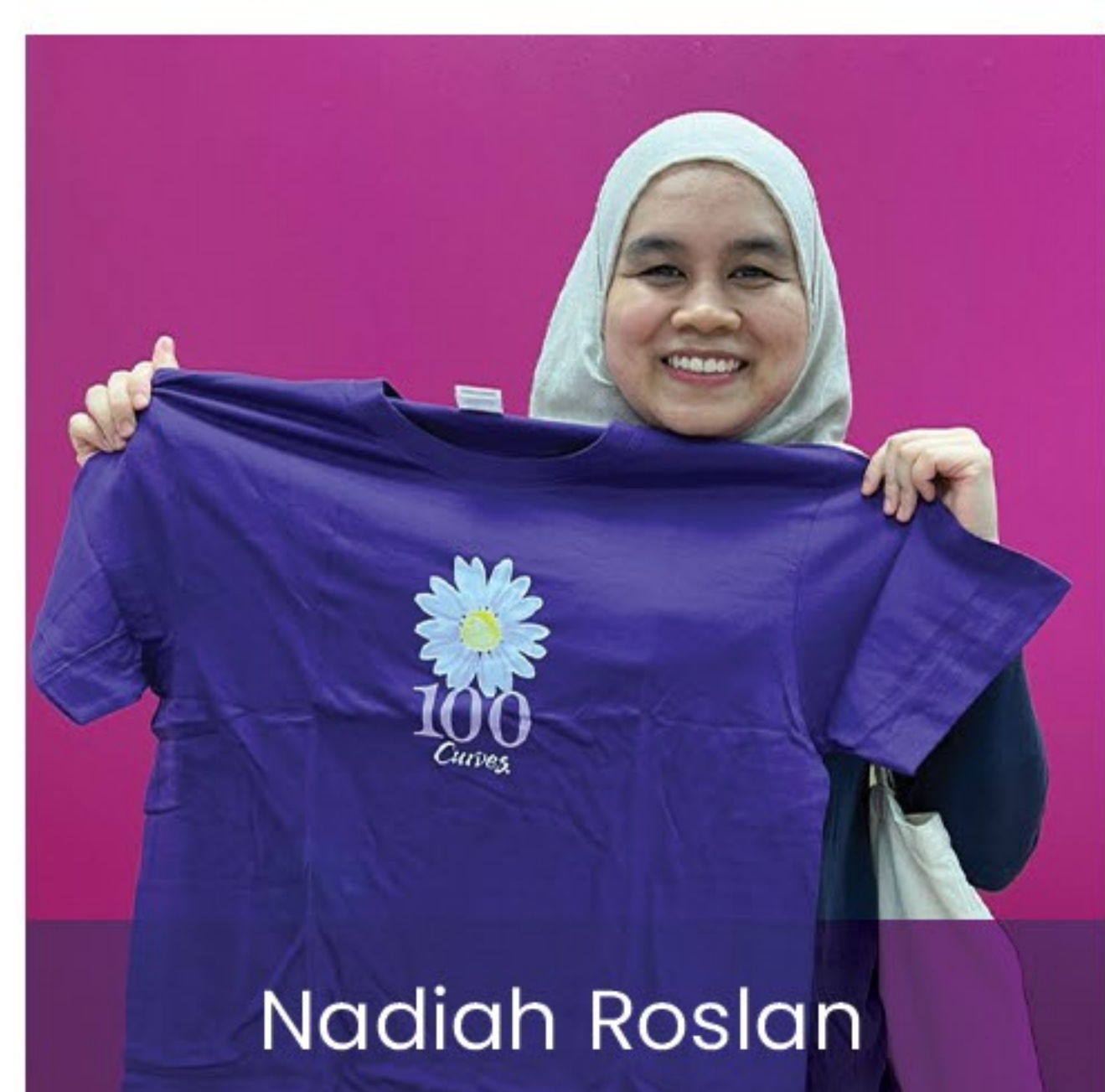
Hanani



Juliana Patsy



Karishma



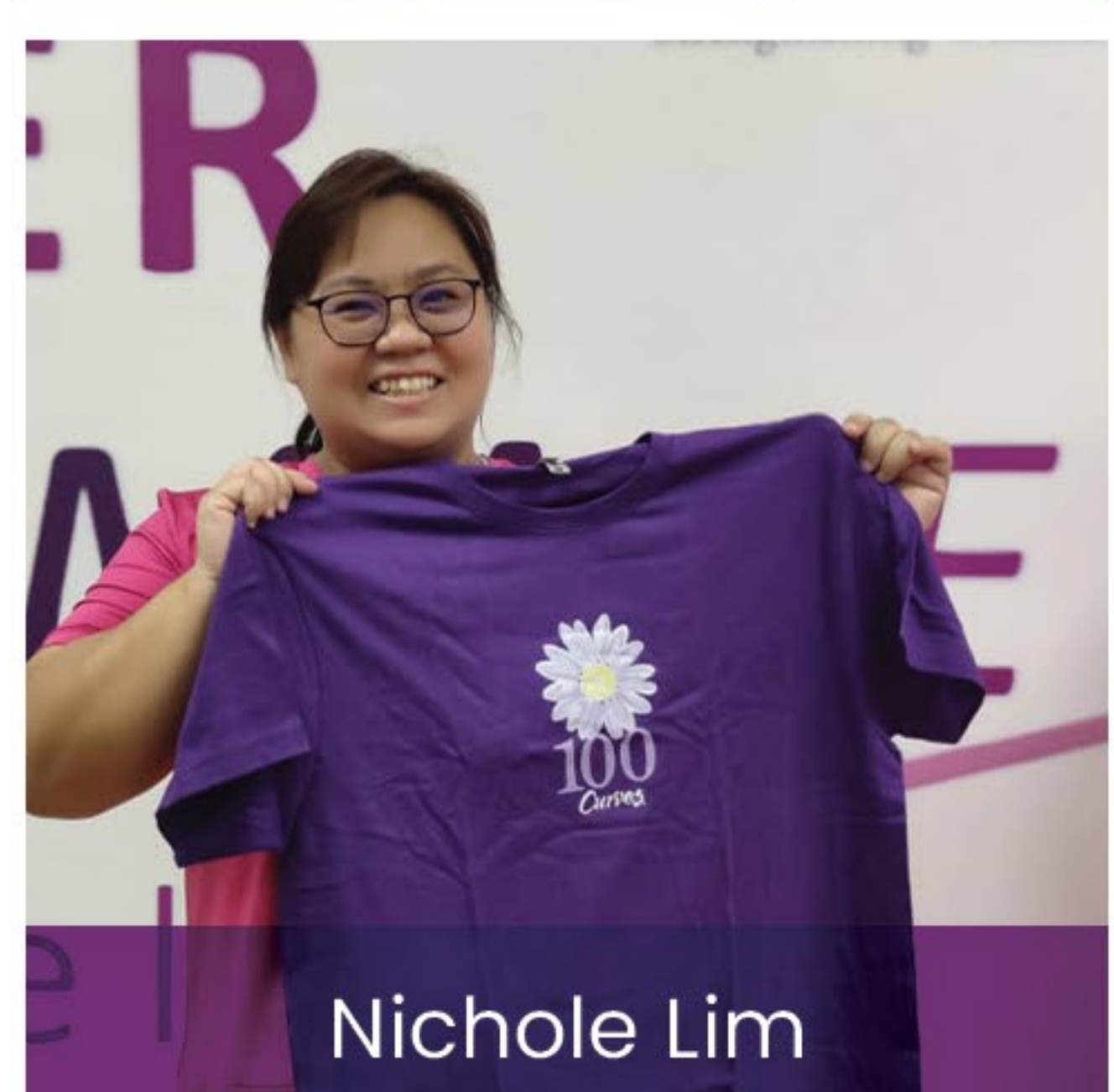
Nadiyah Roslan



Nadiya



Ng Pei Wen



Nichole Lim



Azlina



Rupali Sadhale



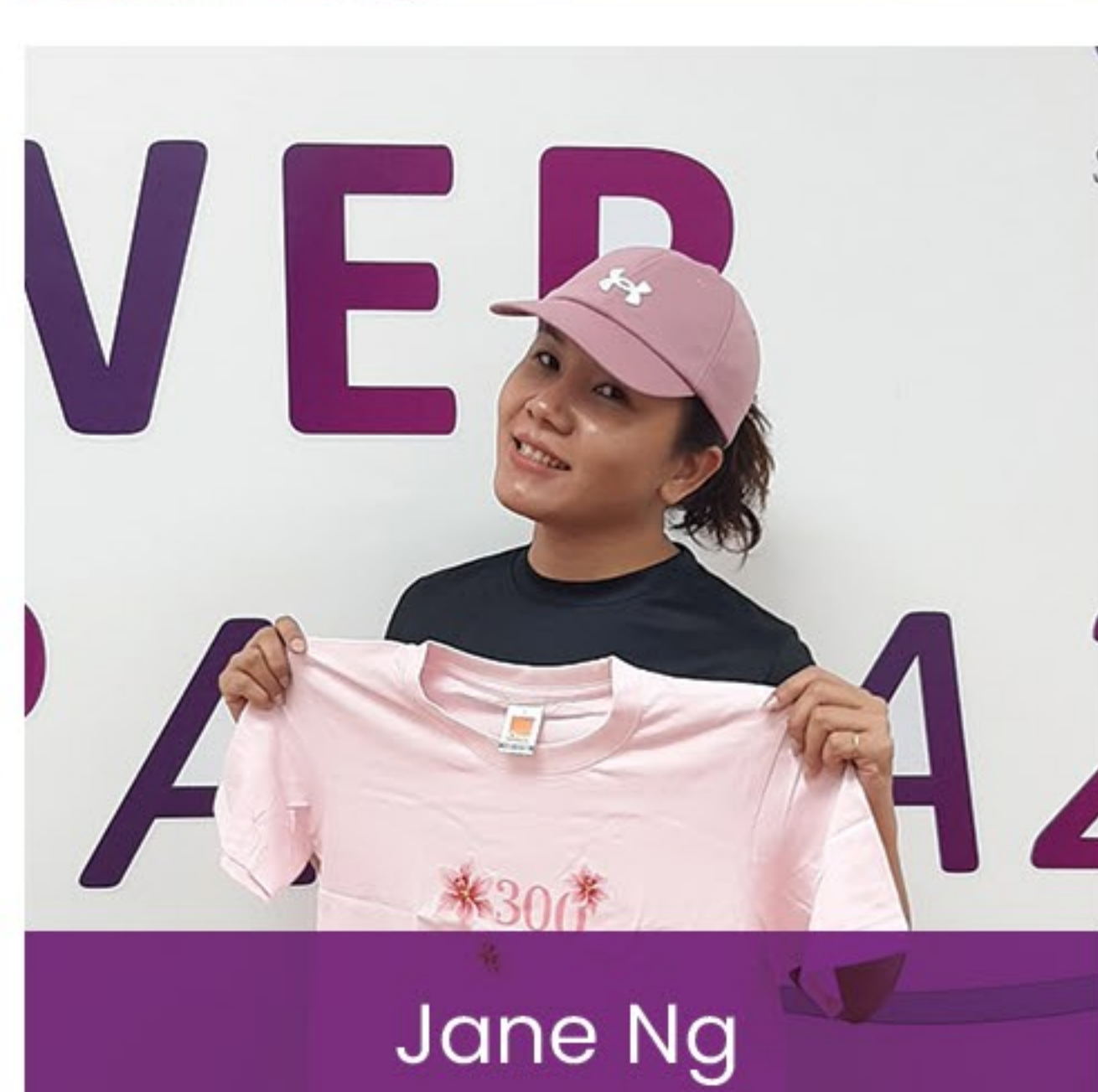
Akma Farizun



Teh Siok Ing



Umratil Munira



Jane Ng



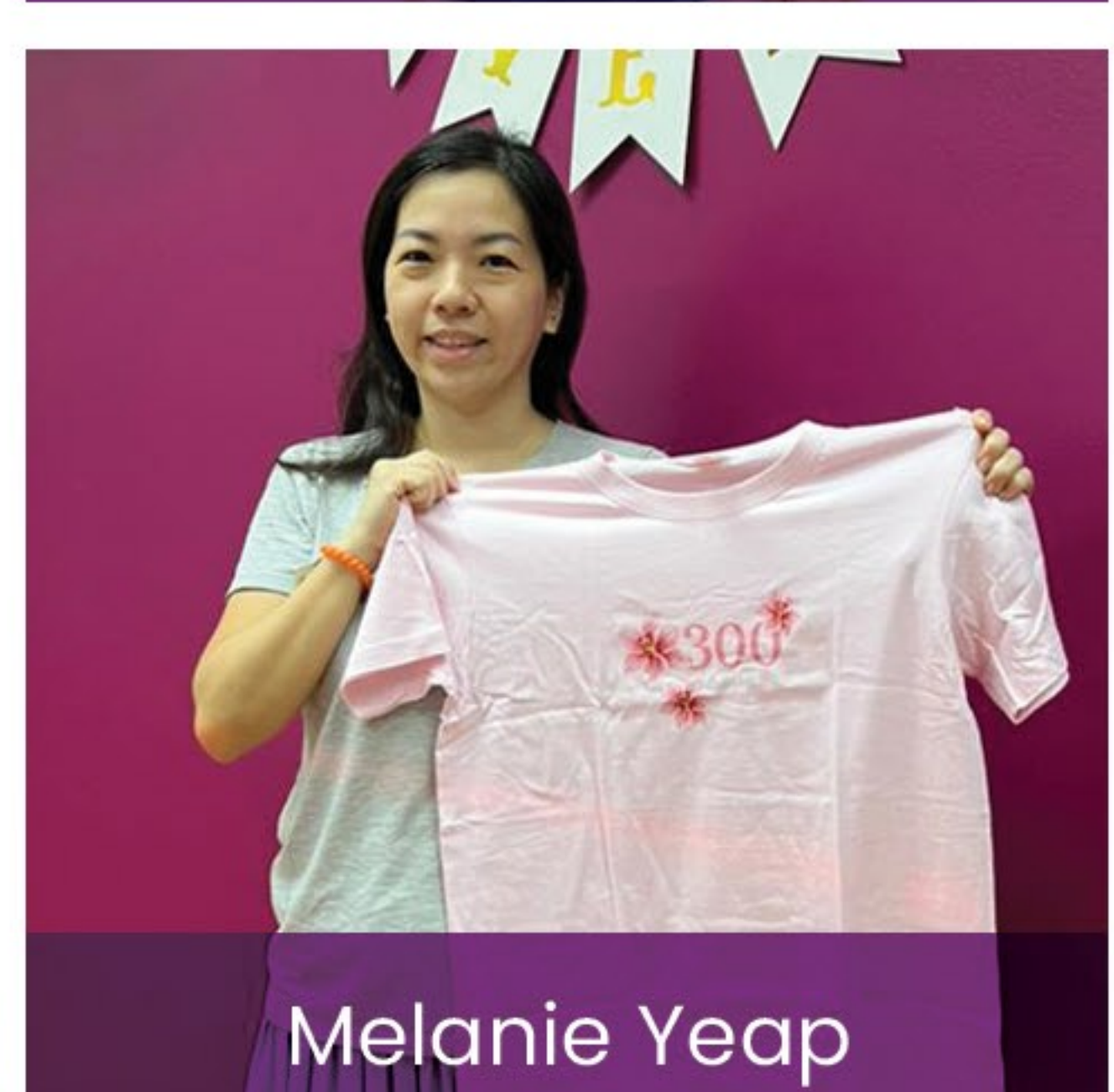
Oh Paik Wan



Sri Wahyuni



Haidee & Zubaidah



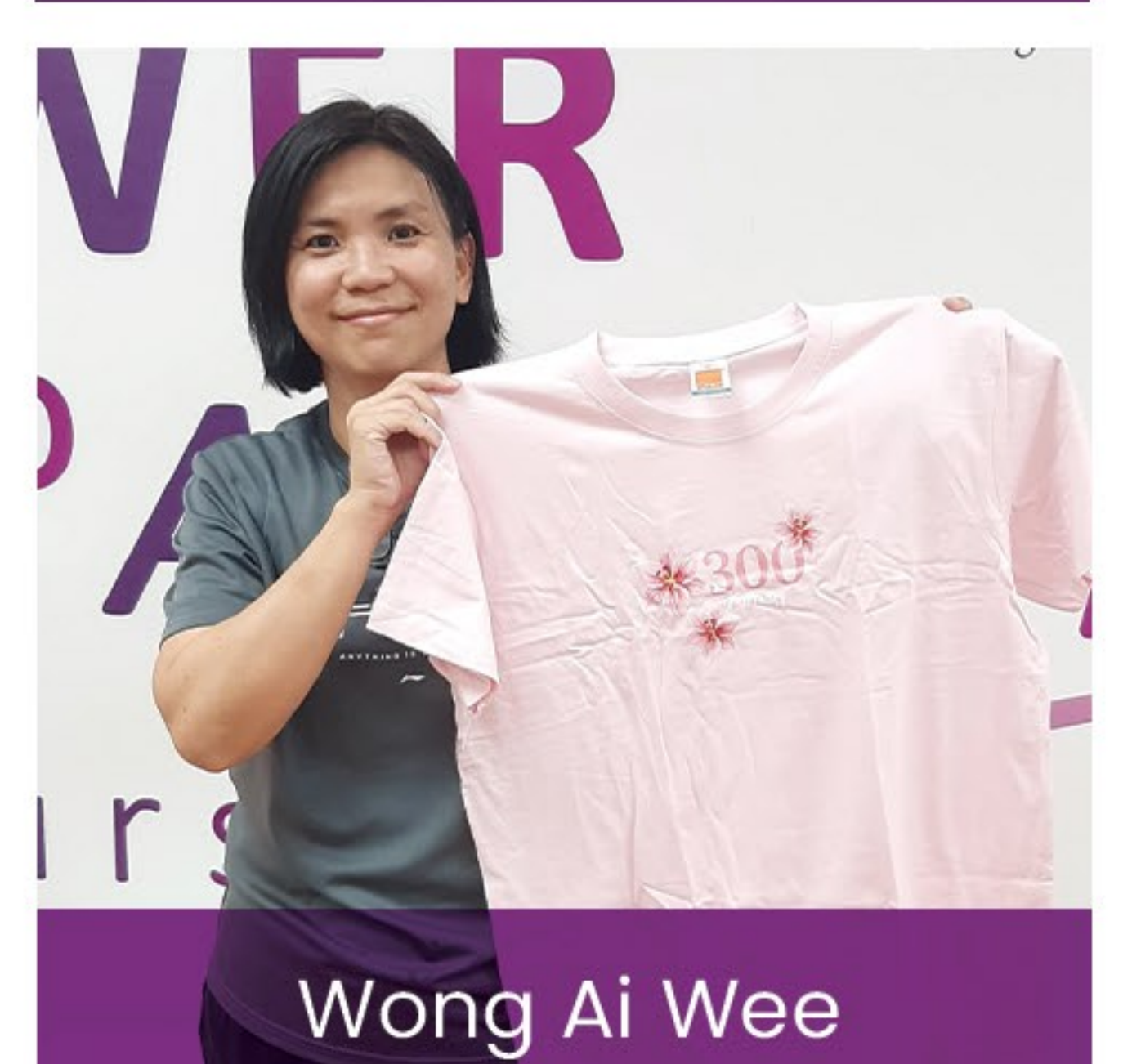
Melanie Yeap



Alymah



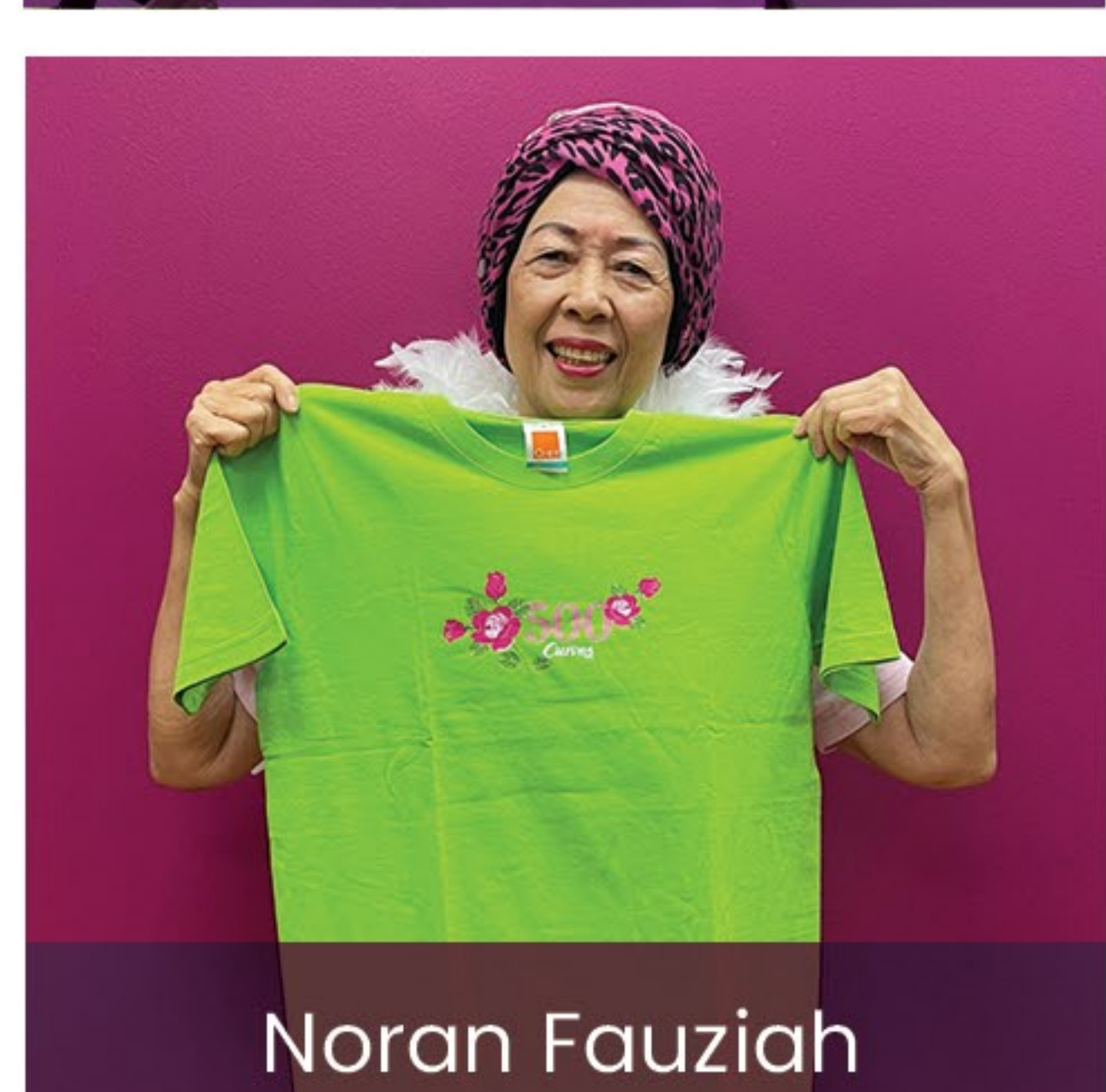
Wong Lai Sin



Wong Ai Wee



Shahira Shahrudin



Noran Fauziah



Zuraida Mohammad



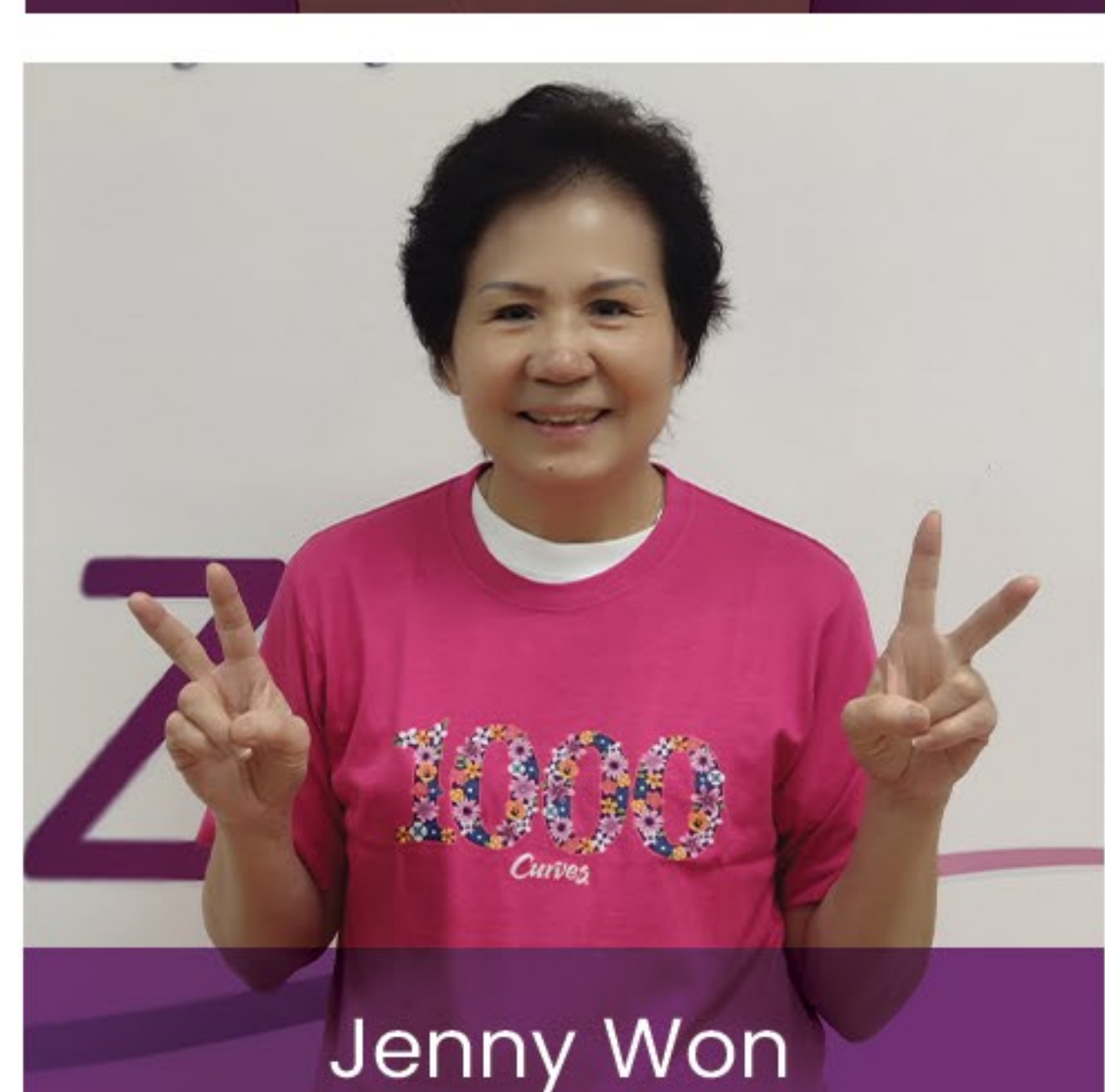
Sim Kay Loh



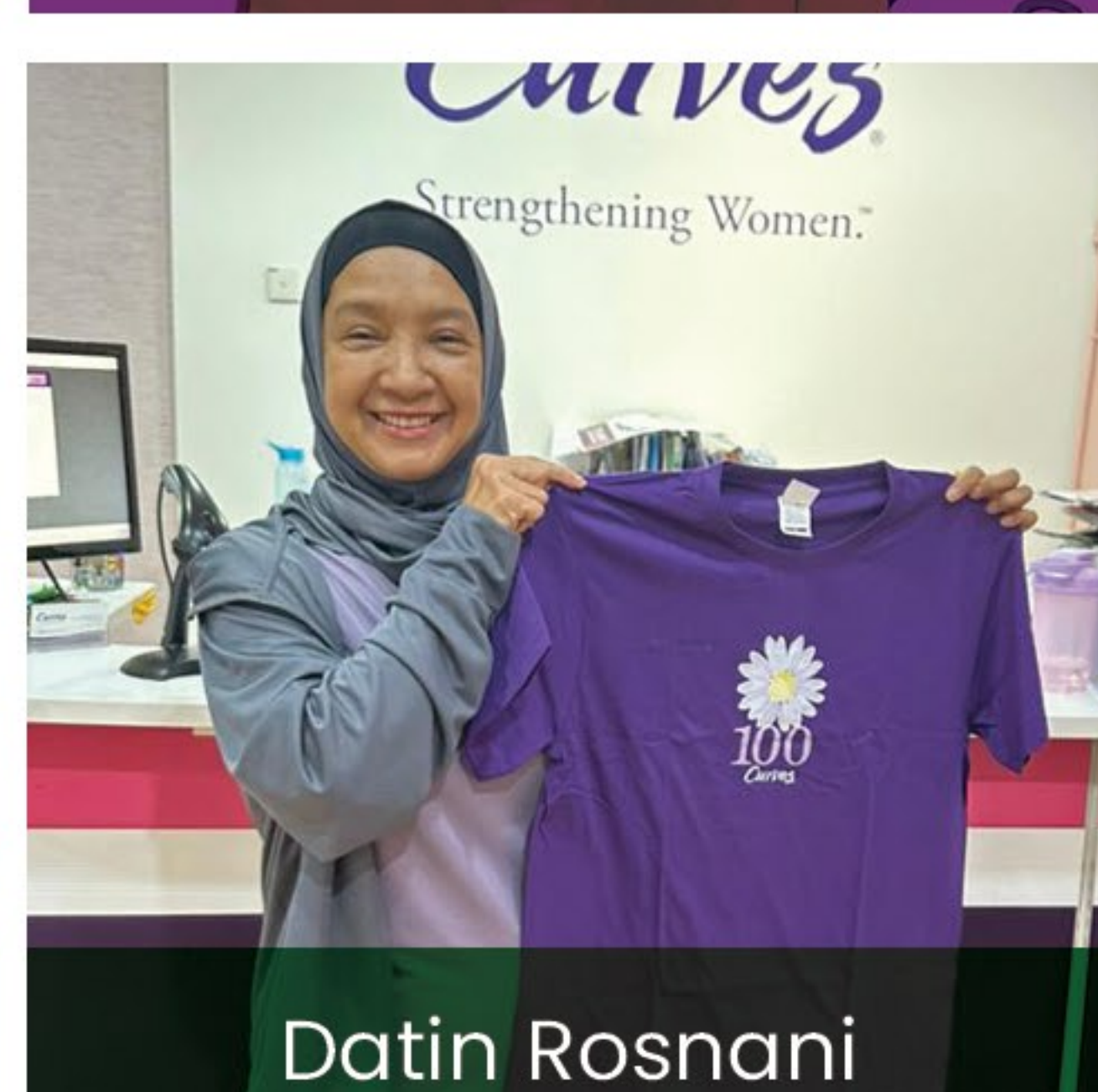
Siti Hamizah & Erwany



Ng Lay Yong



Jenny Won



Datin Rosnani



Atikah Azmi



# ACHIEVEMENT OF CURVETTES

## Bandar Sri Damansara

**100th** Anis, Azah, Balkish, Mandy, Ivy  
**300th** Soezarianty, Farehah  
**500th** Hamizah  
**700th** Juriani, Kimberly  
**1,000th** Hayati, Haslina

## Damansara Heights

**100th** Nurazwanis Mat Tarmezi, Kanagambigai Ganesh, Siew Li Foo, Leelah Ellangovan, Azleen Ashaari, Norshila Mior Rahimi  
**300th** Dr Shalini  
**500th** Sakina  
**1,500th** Kim Goh

## Setia Alam

**100th** Ang Chuei Peng, Hanis Syahira

## Bangi Sentral

**100th** Rahayu, Nurul Efarahin, Fauziah Md Amin, Nur Afzan

## Metrocity Kuching

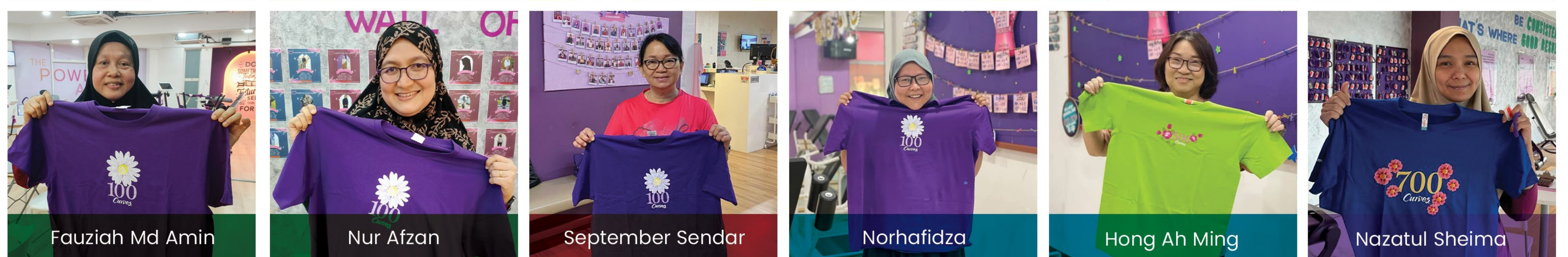
**100th** September Sendar

## Seri Manjung

**100th** Norhafidza, Noor Asnita  
**300th** Low Song Ling, Nor Nadiah  
**500th** Hong Ah Ming

## Bukit Jelutong

**700th** Nazatul Sheima



**Curves**  
 Strengthening Women.™

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