



CURVES FITNESS PARTY 2025: A CELEBRATION OF STRENGTH AND COMMUNITY!

This year, 180 women coming together to sweat, move, and support each other, this wasn't just an event, it was a true Fitness Party! On 24th May 2025, Curvettes gathered at Pusat Komuniti Bukit Damansara for a day filled with movement, fun, and unforgettable memories.

We kicked off the day with back-to-back sessions of Zumba and Salsation, and the energy was absolutely electric! After that, we eased into a calming Stretch & Flex session, led by Coach Aqilah and Coach Aisyah, offering both mat and standing options so everyone could join in comfortably.

The excitement continued off the floor with interactive booths, a Creative IG Post Challenge, and a Lucky Draw with 20 awesome prizes up for grabs!

A huge shoutout to our amazing sponsors and to every Curvette who brought their strength, spirit, and smiles. You made it a day to remember!

CURVES' 11TH CLUB IN KUANTAN!

We are thrilled to announce that Curves Kuantan is opening in Quarter 3 at Indera Mahkota 7!

Get ready for a brand new space filled with strength and community designed just for women. Whether you are new to Curves or already part of the family, we can't wait to welcome you!

And here's something special: Curves Kuantan is owned by one of our very own members, Nik Aloesniha binti Nik Mohd Alwi from Curves Bandar Utama! With 15 years of experience in education, she's now taking her passion for women's wellness to the next level by bringing Curves to the East Coast. That's right! Curves is a franchise business, and we're so proud to see dedicated Curvettes like Nik stepping up to lead and grow the community.

Stay tuned on our Instagram for the launch date and exclusive sneak peeks!

100K CALORIES CRUSH CHALLENGE

From April 26th to 30th, all 10 Curves clubs across Malaysia united for the 100K Calories Crush Challenge. What started as a goal to burn 100,000 calories turned into an incredible demonstration of strength and team spirit.

Thanks to the unstoppable energy of our Curvettes, we didn't just meet our target, but smashed it with a total of 320,774 calories burned!

This milestone reflects more than just numbers. It celebrates the unity, determination, and power of the Curves community. Congratulations to everyone who participated!

Ready for the next challenge? Stay tuned for a bigger, bolder calories crush journey! If we aim for a million, would you join us?



RIANG RAYA WORKOUT

Who says you can't work out in style? This Raya season, Curves Malaysia brought the festive spirit straight to the circuit with our annual Riang Raya workout! On 14th April 2025, Curvettes across Malaysia brought the Raya vibes to the circuit in their baju kurung and kebaya. It was festive, fun, and full of energy, just the way we like it!

Working out never looked and felt so good! We hope we can keep this Curves tradition and look forward to have Riang Raya together next year!



■ AMRAP CHALLENGE

Our exciting AMRAP Challenge is in full swing! From June 5th to July 16th, our amazing Curvettes are pushing themselves to hit the highest repetitions on the machine in just one minute. Whether it's shoulder presses, ab/back, dip shrugs, pec decks, chest backs, or leg curls, everyone is giving it their all!

Remember, you also have a chance to win fantastic prizes sponsored by Rosken! Keep up your fantastic effort.

Stay motivated, stay focused, and let's finish this challenge strong! We're proud of your dedication and progress, keep shining!

Want to discover more about Rosken and their amazing skin care solutions? Follow them on social media for tips, inspiration, and product details.

Instagram:

<https://www.instagram.com/rosken.my>

Facebook:

<https://www.facebook.com/rosken.my>




Challenge Period: 5th June – 16th July

AMRAP CHALLENGE

1 WEEK, 1 MACHINE

Hit the highest rep of the machine in 1 minute!

1. Shoulder press
2. Ab back
3. Dip thring
4. Pec Dec
5. Chest back
6. Leg Curl

Stand a chance to win:

- Dry Cream
- Dry Lotion





STRENGTH TRAINING FESTIVAL IN JULY

This coming July, we are turning up the energy with our Strength Training Festival, a whole month dedicated to empowering women through strength training, education, and community!

It's the perfect time to bring your friends and let them experience what Curves is all about. From our unique 30-minute circuit to our supportive environment, Curves makes your workouts fun, effective, and beginner-friendly.

We are on a mission to spread awareness about the importance of strength training for women. So don't keep the magic to yourself, invite your friends or loved ones to join you this July and let them feel the difference for themselves!



CURVENGERS TEAM BUILDING 2025

On 10th June, the Curves Malaysia team had a fun day of connection, laughter, and pickle ball!

Our Curvengers, the incredible coaches and staff behind the scenes, are the heart of Curves. It was a reminder that our strength goes far beyond the circuit.

A big thank you to our amazing coaches and team members! This day was all about connection, appreciation, and celebrating the people who make Curves Malaysia what it is.

Here's to stronger teams, inside and outside the club!

7 YEARS OF STRENGTH AT CURVES KOTA DAMANSARA!

From day one to today, Curves Kota Damansara has been more than just a fitness club. It's been a space where women grow stronger together and lifting each other up!

To all our Curvettes, BIG thank you for your continuous support. You are the reason we keep going strong, year after year. Happy 7th anniversary Curves Kota Damansara!

Here's to many more years of strength training, community, and empowerment!



STRENGTH TRAINING FOR CORE STABILITY: BUILD A STRONGER, HEALTHIER YOU!

A strong core is the foundation of a strong body! Your abdominal muscles, lower back, and obliques do more than just help you look toned but they support your posture, improve balance, and reduce the risk of injury. At Curves Malaysia, we make core strength training simple, effective, and safe with our hydraulic resistance equipment designed specifically for women!

Unlike traditional weights, our hydraulic machines provide controlled resistance, ensuring that every rep effectively engages your core while protecting your joints. And it's not just us saying, this studies by Baylor University and the Exercise & Sport Nutrition Laboratory (ESNL) at Texas A&M University confirm that our equipment is functionally sound, safe, and proven to improve strength, endurance, and aerobic fitness. The best part? Our 30-minute circuit ensures you get the right intensity without spending hours at the gym!

So whether you're looking to tone your midsection, improve posture, or enhance overall fitness, our workouts have got you covered. A strong core means a strong, confident you!

Q3 2025 REWARD

Get ready for a fantastic reward this quarter! By completing 46 workouts and participating in 3 weigh-in sessions from July to September 2025, you'll earn a Curves Limited Edition Kitchen Towel that honors your hard work and dedication. This is your moment to reach your fitness goals and be celebrated for your progress. Don't let this opportunity pass you by, shine bright and earn your well-deserved reward!





CURVENER

Since beginning her coaching journey in June 2019 at Curves Kota Damansara, Aisyah has been a dedicated part of the Curves family. In late 2019, she was transferred to Curves Bandar Utama, where she continues to inspire and motivate her members with her cheerful spirit and genuine passion for fitness. She now serves as the Club Manager at Curves Bandar Utama, leading with heart and setting the tone for a supportive and empowering environment.

Aisyah loves running and hiking, activities that keep her energized and connected with nature, alongside her love for strength training. She believes that fitness is not just a routine, but a lifelong journey filled with moments of growth and resilience.

Fun fact about Aisyah: she's a very 'I' person, comfortable in her own space and self-reflective. While she's usually cheerful and talkative with her close friends, she might need a little prompting to stop chatting! Though she might seem soft, she prefers thrilling, action-packed movies over rom-coms, showing her adventurous side!

For Aisyah, fitness is all about progress and perseverance. She reminds us that despite the ups and downs, every step forward is a step toward becoming the best version of ourselves, to keep going because your journey matters, and she's here to cheer you on every step of the way!

SUBMISSIONS!

HERE, WE SHARE SUBMISSIONS FROM OUR CURVETTES AND CURVENERS!

SHARE YOUR STORIES WITH US AT SUBMISSIONS@CURVES.COM.MY

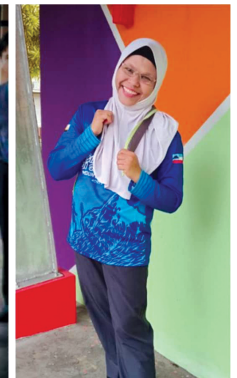
Hasniza Kasmoni, Curves Seri Manjung From Strength to Summit: My Curves Journey

Hi, I'm Hanizah Kasmoni from Manjung, Perak, and I'm 47 years old. My journey with Curves began in March 2019 after my doctor advised me to lose weight and adopt a healthier lifestyle. Since 2012, I had been managing multiple health issues, diabetes, high blood pressure, high cholesterol, carpal tunnel syndrome, and poor liver function. At 157cm tall and nearly 80kg, my health was holding me back from achieving one of my biggest dreams: conquering the peak of Mount Kinabalu.

For years, I had dreamed of standing at the summit, but my weight and health challenges made it feel impossible. That all changed when I joined Curves Seri Manjung. With consistent workouts, the unwavering support of the amazing coaches, and the encouragement of my fellow Curvettes, I stayed committed to my fitness journey.

After nearly two years of showing up for myself, something incredible happened. In May 2022, with improved health and a weight of 64.7kg, I finally conquered Mount Kinabalu! Reaching the peak was more than just a personal victory, it was proof that dedication, support, and a strong community can turn dreams into reality.

I'm beyond grateful to the passionate team at Curves Seri Manjung for their knowledge, motivation, and belief in every member's potential. Thanks to Curves, I'm healthier, stronger, and more confident than ever! Here's to more goals, more strength, and more incredible adventures ahead!



Curves
Strengthening Women.™

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