

Curves NEWSLETTER



CURVES FITNESS PARTY

Imagine more than 200 ladies taking over an open park—it's not just a gathering, it's a Fitness Party! On 25th May 2024, Curvettes descended upon Perdana Botanical Garden for a day packed with fitness and fun. The festivities kicked off with a high-energy Piloxing session led by Anis, blending Pilates, boxing, and dance into one sweat-inducing workout.

As some Curvettes raced through Perdana Botanical Garden for Explorace, others relaxed with Stretch & Flex at the Bamboo Playhouse with Coach Qiela. Let's not forget the Lucky Draw sessions and the Best Banner contest—congrats to all the winners who added extra sparkle to our fabulous day!

Last but not least, let's give a huge shout-out to our sponsors for the day,

Your incredible goodies had us grinning from ear to ear. Thank you for adding that extra glitter to our day!



Puan Nisa & Farahani from Awqaf Group



Curves Malaysia Team

HAPPY BIRTHDAY!

If there's one thing we're passionate about besides health and fitness, it's coming together for a good ol' makan-makan with friends! What better reason to feast than celebrating the 5th birthday of Curves Bandar Utama and the 6th birthday of Curves Kota Damansara this year! We feasted on delicious food and desserts fit for royalty, played games, snapped countless photos, and had an absolute blast!



Curves Bandar Utama's 5th Anniversary



Margaret Chin, Chairperson and Curvettes from Kota Damansara



Curves Kota Damansara's 6th Anniversary

CURVES RIANG RAYA WORKOUT

Sweating it out in your baju raya? Absolutely! At Curves Malaysia, we turned tradition upside down on 6th May 2024, with our annual Riang Raya workout. Curvettes dressed up in their best baju kurung and baju kebaya, showing off their style on the circuit. They didn't just show up—they played! Way to go, ladies!"



Curves Bandar Utama



Curves Setia Alam



Curves Bangi Sentral



Curves Metrocity Kuching



Curves Bandar Sri Damansara



Curves Kota Damansara



Curves Wangsa Maju



Curves Seri Manjung



Curves Damansara Heights



Curves Bukit Jelutong



ON THE RIGHT TRACK – CURVES BANDAR UTAMA'S TRAIL TITANS

Congratulations to Coach Aisyah, as well as Curvettes Karen Leong and Yasmin Abdul Ghani, for conquering the gruelling Trail Titans Kiara Hill 2024 on 5th May 2024! Your determination and achievement are truly inspiring!

CURVEMBER

In this edition of our newsletter, we shine the spotlight on Coach NurShafiq, a pivotal member of our team at Curves Setia Alam. Shafiq joined us two years ago and has consistently shown unwavering dedication in empowering women to reclaim their health and wellness. In fact, her motto is "Cherish your body, for it is the ultimate gift you offer your loved ones and the world. Embrace life fully, knowing that your health is your greatest asset."

Outside of work, Coach Shafiq enjoys being active by playing volleyball or doing other recreational activities and even fishing! Fun fact, if Shafiq isn't a Coach at Curves now, she might have been a national athlete!



SUBMISSIONS!

HERE WE SHARE WITH YOU SUBMISSIONS FROM OUR CURVETTES & CURVENGERS!

Jean Chan
Curves Bandar Utama
Member since July 2019

The Curves Fitness Party 2024 from a first-timer's point of view!

Yes, a newbie – that's me! I missed last year's Fitness Party because I was away in Singapore but I was determined to make it this year! So, when the details were announced, I immediately signed up – along with 49 others from Curves Bandar Utama, making us the largest group for the event.

To prepare for the event, a group of us and Coach Mun got together to plan our strategy for making an impact during this year's party. We finally decided on pink caps, colourful pom poms in our Curves' colours, a polystyrene signage, and a pink club flag. The caps were sponsored by Mumtaz while Wani sponsored the pom poms. Some of us were worried about having enough energy during the event, so I offered to sponsor energy bars for everyone. We also decided to charter a bus to pick everyone up and avoid any parking hassles. Shoutout to Nik, our transport manageress! With everything settled, I anxiously counted down the days. The night before, I woke up every hour because I was afraid of oversleeping and being left behind.

The big day finally rolled around – a lovely and bright morning. We gathered at Centrepoint Bandar Utama to board the bus and roll-call was done by Cynthia to make sure no one was left behind. Finally, we were on our way and we reached the Perdana Botanical Gardens in excellent time. The venue, the pretty Bamboo Playhouse was already bustling with activities all while framed by the heartwarming sight of Curvettes from all clubs mingling and making friends.

The day started with a Lucky Draw, followed by a pulsating Piloxing session by Superstar Elite Anis which got the crowd on their feet with Pilates, boxing, and dancing moves. It was awesome and I was sweating buckets but totally happy and having a great time. Next came the Explorace which saw five teams from Bandar Utama competing – I was in Team C with Nori, Dila, Anisa, Munira, Yasmin, Shahira, Mumtaz, Caryann, and Hanani. We successfully completed eight tasks in 45 minutes despite the punishing weather. When it was over, we were rewarded with refreshing cold lemon drinks and delicious sandwiches!

Next was the second round of Lucky Draw followed by the announcement of the Explorace results which saw Curves Bukit Jelutong winning for the second year while Team A from Curves Bandar Utama placed third. Bravo ladies! The icing on the cake was Curves Bandar Utama winning the Best Signage competition! We will, we will rock it! Or as our cheerleading slogan says – BU score, BU score, BU always bring in more! All in all, we did remarkably well and I am so proud to be part of the team. I really had a marvellous time at the party and am looking forward to the next one. A big thank you to Alison, and Margaret and their Curves A-team! Thank you Curves for reshaping our lives.



Q3 2024 REWARD

Unlock the ultimate fitness reward this quarter! Get ready to conquer your fitness goals and score a limited edition multi-purpose Curves head sock – a token of your dedication and triumph. Simply complete a minimum of 46 workouts and attend 3 weigh-in sessions from July to September 2024 to be entitled to this special merch!



CURVETTE PARTY 2024

Mark your calendars for 12th October – a celebration you won't want to miss! Join us for the Curvette Party, where excitement and elegance collide in a celebration of style, confidence, and community. Prepare for an unforgettable day of inspiration and connection. Registration opens this August, so stay tuned for all the details and be ready to secure your spot at the most anticipated event this year. Get ready to celebrate with us in style!



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

Curves
ALL WOMEN FITNESS STUDIO



ACHIEVEMENT OF CURVETTES

Congratulations to our phenomenal Curvettes for conquering your milestone workouts! Your unfaltering determination, dedication, and discipline have proven that achieving your goals is not only possible but inspiring to us all!

100th Nur Liza Md Zain, Curves Bangi Sentral & Melisa, Curves Setia Alam

300th Jane Ng, Curves Bandar Utama

500th Noran, Curves Bandar Utama

700th Kimberly, Curves Bandar Sri Damansara & Nurul Fatimah, Curves Kota Damansara & Lay Yong, Curves Bandar Utama

1000th Fuziana, Curves Wangsa Maju



Nur Liza Md Zain



Melisa



Nurul Fatimah



Jane



Kimberly



Faziana

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Strengthening Women.™

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