

# Curves NEWSLETTER

Volume 8 | Oct 2025



## Curvette Party 2025

What an incredible time we had at Curvette Party 2025! Held at The Club by M, Bukit Utama, the celebration brought together over 140 Curvettes from Klang Valley, Kuantan, and Kuching. Dressed in vibrant traditional costumes, our ladies filled the room with colour, laughter, and joy!

With generous sponsor goodies and unforgettable moments, it was truly a day of strength, sisterhood, and celebration!



The event featured exciting AI-powered games such as virtual tug of war, and a lively joget session where everyone danced together in true festive spirit. As friendships blossomed, we proudly celebrated our 12 inspiring & amazing Curvette of the Year nominees.

## Grand Opening : Curves Indera Mahkota 7, Kuantan



On 25 August, Curves made history with the grand opening of Curves Indera Mahkota 7 Kuantan, the very first all-women fitness centre on the East Coast. This marked the beginning of a new chapter, led by our very own Curvette, Nik Aloesniha, who was a dedicated member of Curves Bandar Utama for 4 years before turning her transformation into a mission to empower more women in her community. We are proud to see this vision come to life and look forward to the many inspiring stories that will begin in Kuantan!

## Meet Puan Nik Aloesniha: Club Owner of Curves Indera Mahkota 7, Kuantan!

From a place of struggle to a place of purpose, Nik's journey began with a personal turning point when she embraced Curves as her path to health. Battling weight gain, knee pain, and gestational diabetes that made even simple movements difficult, she found hope and strength through the Curves community.



With her coaches' unwavering support, Nik rebuilt her confidence and discovered her calling to uplift other women. Today, she leads Curves Indera Mahkota 7 in Kuantan, a milestone journey that has been beautifully highlighted by Malay Mail and The Rakyat Post!

## Batik Beauty and Bold Strength: Curves Bangi Turns 2!



Curves Bangi Sentral proudly celebrated its 2nd anniversary on 21 August 2025 in a vibrant Batik theme. The celebration honored members with a special workout routine, a photoshoot session, a Best-Dressed Contest, and refreshing healthy smoothies.

We are proud of this milestone and grateful for the amazing community built together at Curves Bangi Sentral!

## Conquering Mount Serapi: Curves Metrocity Kuching

On 28 September 2025, Curves Metrocity Kuching members took their strength outdoors with a hike up Mount Serapi.



Twenty Curvettes joined the adventure, celebrating fitness, friendship, and fun beyond the circuit. This initiative proves that Curves is more than workouts, it's about building a supportive community that grows stronger together.

## Q4 2025 Reward



Get ready for another exciting reward this quarter! By completing 46 workouts and participating in 3 weigh-in sessions from October to December 2025, you will earn a Curves Limited Edition Cap for your strength and commitment. Let's keep shining, Curvettes!

# Happy 14<sup>th</sup> Anniversary, Curves Malaysia!

Curves Malaysia celebrates 14 incredible years of empowering women through strength, confidence, and community. From our very first club to every Curves across the nation, we have built a space where women of all ages come together to grow stronger.

We could not have done it without our amazing members and coaches. Here's to continuing this empowering journey, inspiring more women to live healthier and stronger lives together.



## Stay tuned for Curves Give Back!



This December, Curves Malaysia continues its annual tradition of giving back. Each year, our Curvettes come together to support meaningful causes and make a difference in local communities.

We are gearing up for our 2025 charity initiative and will share details soon. Stay tuned to learn how you can join this heartwarming movement and help lift others this festive season!

## Curves In-Club Fitness Challenge!

In August and September, Curvettes at Curves held a club-wide challenge to test strength with the plank holds and a one-minute V-hold. Members joined in with determination and team spirit, and their effort was truly inspiring.

A special thank you to Klorane for partnering with us and sponsoring fantastic prizes to celebrate everyone's hard work!



**Curves**  
Fitness for women

### FITNESS CHALLENGE

<b>AUGUST</b> Plank Hold 1 minute	<b>SEPTEMBER</b> V Hold 1 minute
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**HOW TO JOIN**

- ▶ Challenge runs during 18-23 Aug & 8-13 Sep.
- ▶ For each day, one name will be added to the raffle jar.
- ▶ 5 Winners will be determined by a lucky draw for every month.

**Prizes to win!**

- ▶ Klorane Oat Dry shampoo (Suitable for all hair types!)
- ▶ Watsons voucher worth RM10 off!

Curves Malaysia | curvesmalaysia | www.curves.com.my

## Strength Training Festival Recap

In July, our Strength Training Festival sparked incredible energy across Curves clubs as members and friends came together to celebrate the power of strength training.

From fun-filled 30-minute circuits to inspiring community sessions led by our wonderful coaches, we're proud of this success and will continue building awareness of strength training for women. Here's to growing stronger together as we advance women's fitness nationwide!





## CURVEMBER

Ever since high school, Elle dreamed of working abroad, but Malaysia wasn't on her list. Life had its own plans! Now she's happily working in Malaysia and married to a Malaysian. And yes, she can listen to the same song or eat the same dish over 100 times without getting tired of it.

There's so much she could share, but what truly defines her is her passion for being a fitness coach at Curves. Elle loves empowering women to keep pushing forward, no matter where they're starting from. Helping women stay motivated and strong has been just as inspiring for her as it is for them. It's more than a job — it's a calling!

## SUBMISSIONS!

HERE, WE SHARE SUBMISSIONS FROM OUR CURVETTES & CURVEMBERS

SHARE YOUR STORIES WITH US AT [SUBMISSIONS@CURVES.COM.MY](mailto:SUBMISSIONS@CURVES.COM.MY)

### Two Curvettes took on the Merdeka 118 stairwells, the world's second-tallest building — in The Sky Race

It was an honour to be among the 74% of participants who were first-time tower runners. A total of 5,800 participants from 70 countries conquered the 2,845-step challenge, held on the eve of Malaysia's Independence Day, 30th August 2025. Initially, we declined the invitation to join. But when a waiting list opened just weeks before the event, something sparked, and we signed up. We were both humbled and grateful when our registration as waitlisted participants was approved. We trained at a nearby MRT station and we managed to attend a quick session with the 100FloorsClub during their practice at MBPJ. As first-time vertical runners, we credit our readiness to the consistency we've built at Curves. It gave us the strength and confidence to rise to this challenge.

Would we do it again? Absolutely! With more confidence than ever, we're already looking forward to the next tower running event. Curvettes boleh!


With love,

Cynthia (Curves Bandar Utama) & Nori (Curves Damansara Heights)



**Curves**  
Strengthening Women.™

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