

# Curves NEWSLETTER

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## Empowered Women, Inspiring Change: Honoring Our 12 Curvette of The Year 2025

We are incredibly proud to honor the twelve winners of our Curvette of the Year awards! Their stories of resilience remind us that when a woman invests in herself, she sparks a ripple effect that inspires everyone nearby. It is a privilege to witness these profound transformations, from reclaiming physical health to discovering a vibrant new lease on life.

These inspiring Curvettes prove that strength is a lifelong journey. By overcoming personal hurdles, they serve as a testament that fitness is the ultimate form of self-empowerment. We remain dedicated to providing a space where every woman can flourish, and seeing these milestones reached is our greatest reward. Together, we applaud the unstoppable spirit of those who lead by example!

## Curvengers Team Building

On 9 December, our team gathered for a vibrant Year-End Celebration and Curvengers Team Building day to cap off a successful year. It was a joyful afternoon of connection, where our dedicated coaches and staff bonded over a shared meal, lively games, and creative arts and crafts.

As the heartbeat of our community, our coaches remind us that our collective strength goes far beyond the circuit. We are incredibly grateful for the passion and commitment they bring to making Curves Malaysia a supportive home for every woman. Here's to honoring the people who empower us and building even stronger bonds together as we move forward!



# Celebrating 11 Radiant Years at Curves Bandar Sri Damansara

Curves Bandar Sri Damansara proudly marked its 11th anniversary with a meaningful two-in-one celebration, held alongside the festive spirit of Deepavali. The occasion brought members together for an energizing dance session led by our coaches, followed by a potluck featuring delicious homemade delicacies lovingly prepared by the community.



## A Year End Finale! Honoring Our Wellness Journey

On 22 November, Curves Bukit Jelutong and Setia Alam hosted EmpowHer Moves at Dewan Jasmin. The event brought 60 together for an exhilarating morning of Zumba and Pound, honoring a shared year of health and vitality.

Beyond a heartwarming potluck that strengthened our bonds of friendship, this event served as a beautiful testament to our unity, proving that we are truly and always stronger when we move together!

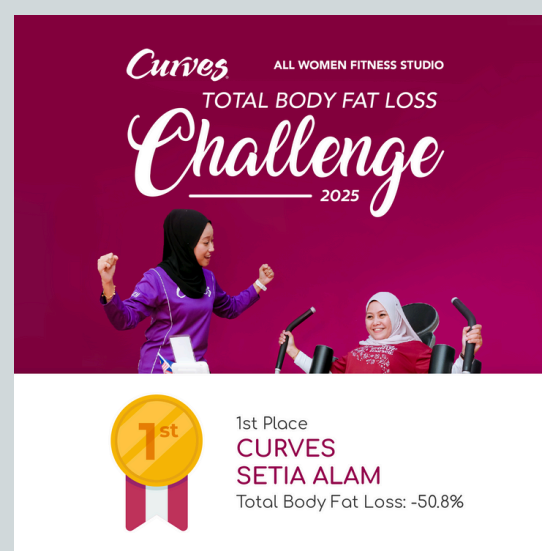
## A Success Story from the East Coast!

Curves Indera Mahkota 7 Kuantan continues to make us proud as the first successful club on the East Coast. Since the club opening on 25<sup>th</sup> August 2025, it has grown into a thriving community of over 180 active members, a true reflection of the trust, consistency, and dedication shown by the women who walk through its doors.



We celebrate this impressive milestone with pride and look forward to seeing Curves IM7 continue to flourish, inspiring even more women to begin their own strength and wellness journeys.

## And The Winner Is...



The Total Body Fat Loss Challenge once again united our clubs in a shared journey of commitment, learning, and support. Guided by our dedicated coaches, members reinforced healthy habits through consistent strength training and practical nutrition education.

Congratulations to **Curves Setia Alam**, the winning club with an outstanding collective total of 50.8% body fat loss. Beyond results, every participant emerged stronger, proving consistency and community truly make the difference!

# The Foundation of Strength: Understanding Osteoporosis

As part of our ongoing commitment to enrich our members' wellness journeys, Curves Malaysia partnered with The Elite Wellness to present an insightful health talk series across four clubs, focusing on osteoporosis awareness.



Each session combined expert knowledge with practical demonstrations, offering actionable strategies to enhance bone health and overall well-being. This initiative underscores our dedication to empowering women, not just through strength training, but through continuous education and holistic support for a healthier, more resilient life!



## Strength Beyond the Circuit at Bukit Dinding

On 12 October 2025, fifteen coaches and members from Curves Damansara Heights ventured beyond the circuit for a refreshing hike at Bukit Dinding, Wangsa Maju. Taking their strength into nature, the group embraced the fresh air and the physical challenge of the trails together.

More than just a hike, the day was built on connection, encouragement, and shared resilience. From steady climbs to laughter along the way, every step reflected the true Curves spirit, where fitness and community flourish as one. We are so proud to see our members supporting each other both inside and outside the club!



## Coming Soon! Curves Taman Tun



We are thrilled to announce that Curves Taman Tun is officially opening in January 2026! Get ready for a brand new, vibrant space filled with strength and community, designed specifically to celebrate and empower every woman.

Whether you are beginning a fresh wellness chapter or you are already a cherished part of our family, we cannot wait to welcome you to our newest home. This sanctuary is more than just a gym, it is a place where friendships flourish and goals are achieved together!

## Q1 2026 Reward



Get ready for another exciting reward this quarter! By completing 46 workouts and participating in 3 weigh-in sessions from January to March 2026, you will earn a Curves Limited Edition Shoe Bag for your strength and commitment. Let's keep shining, Curvettes!



## CURVEMBER

Nurhidayah, or known fondly as Coach Did, has been part of Curves Bangi Sentral for over two years, bringing structure, passion, and heart into every session she leads.

A lifelong learner at heart, she loves discovering new experiences, from exploring unfamiliar places to trying activities like horse riding. True to her nature, she approaches both life and fitness with a clear plan, believing that consistency starts with intention.

Coach Did understands that while motivation may fluctuate, habits and discipline are what truly deliver lasting results. She inspires women to take decisive action, trust the process, and build sustainable strength, proving every day that empowering others through their wellness journey is her true purpose!

**SUBMISSIONS!** HERE, WE SHARE SUBMISSIONS FROM OUR CURVETTES & CURVENGERS

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

## Redefining Her Prime: Noran's Unstoppable Spirit

Hello, my name is Noran, and my journey with Curves began at Bandar Utama in July 2022. After retiring at 76, I sought a reliable fitness program to stay active, and the all-ladies environment at Curves was perfect.

On 20 July 2025, I celebrated my 80th birthday, receiving heartfelt greetings from family, friends, former colleagues, and fellow Curvettes. My family also hosted a splendid party, and I felt truly touched by the special dinners and lunches arranged in my honor.


Over three years at Curves, I reached my 800th workout and experienced countless milestones: snorkeling at Redang Island, being a finalist for the Smart Agers Curvette category in 2023, Curvette of the Month in June 2025 with top muscle gain and fat loss, and traveling extensively to countries like Vietnam, Indonesia, Australia, Tunisia, Pakistan, Algeria, and Georgia with Kyrgyzstan and Kazakhstan on the horizon.

Curves has made me stronger, fitter, and more agile. Climbing over 100 stairs is now a breeze, and the friendships and support from coaches and fellow members make every visit feel like home. Looking back, I can confidently say: "Bye Bye 7 Series; Let's Move on to the Figure of 8." Curves has shown me that age is truly just a number!



**Curves**  
Strengthening Women.™

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