

Curves®

IN-CLUB AT-HOME

NO MORE EXCUSES!

Call Us Today!

510 E 112th St.
Kansas City, MO 64131

816-942-5600

#CurvesStrong



Curves.com



In-club with a Coach

At-home with a Coach

Take control of your health and fitness with
Curves in-club or at-home! Get up and get moving!



FREE RESISTANCE BAND

When you sign up for an In-Club
& At-Home Membership!

Combining an in-club Curves membership
and MyCurves On Demand means you'll get:

- ✓ **COACHING** in-club or virtual
- ✓ **WORKOUT** access to MyCurves On Demand
and Curves Club
- ✓ **EQUIPMENT** included for home workouts
- ✓ **EXERCISE SCIENCE** with 28 years of research
- ✓ **FUN, FAST, SAFE** 30min total body workout

Curves® Real Strength for Real Women