

# Curves®

## Get strong + STAY STRONG

### OUR ALL-NEW BOXING CLASS\* IS HERE.

Strength + Balance + Cardio + Core  
all in 30 minutes.

Our classes\* range from low to high intensity,  
which means there's always a program  
that works for you.



**NEW CLASS**

Boxing



Body Balance



Arms-Core-Legs



Dance and Tone



Curves Circuit with Jillian Michaels

## Try 3 classes **FREE.**†

325 Ashley Falls Rd  
Canaan, Connecticut 06018  
860.824.4406

**Curves.com**

#CurvesStrong



\*At participating locations only.

† Limit three free classes per person at participating locations only. Not valid with any other offer. No cash value and new members only. First visit discount may be offered in exchange for the three free classes. Free classes must be completed within 7 days of initial consultation. Call for our class schedule. Offer expires 12/31/16.

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JANUARY