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Founded in 1992 Curvesrevolutionized womens fitness with a simple but powerful idea create a safe supportive space where women could get strong physically mentally and emotionally in just 30 minutes a day VisitCurvesto find a women s fitness club near you

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Alternatively if you have any questions or suggestions please contact us TheCurvesworkoutsforwomen are convenient and efficient combining strength training and cardio plus stretching to strengthen your whole body in just 30 minutes Book your free no obligation fitness consultation at anyCurveswomen s gym.Curvesis the largest network of fitness centresforwomen in the world

Our training circuits and fitness programs deliver proven results through a combination of strength training cardio and weight loss meal planning Founded in 1992 Curvesrevolutionized womens fitness with a simple but powerful idea create a safe supportive space where women could get strong physically mentally and emotionally in just 30 minutes a day Apr 4 2024 How much do you know about women s health? Take the Quiz Live Mar 19 2024 The Dynamic Duo Strength Training and Stress Management withCurvesIn this blog post we ll explore how strength training can be your ally i.

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