

SEA Discount

Curves

Workout Circuit

30 minutes a day, 3 days a week!

With 1-year agreement:

\$39 Enrollment fee, \$39 a month.

(Monthly fee may vary from clubs but will not be more than \$39.00)

***You must Show SMUD ID Badge and
SEA Sticker at the time of sign up
to get your discount.***

Our complete 30 min. workout:

- Warm-up
- 20 min. at sustained heart rate
- 3 sets strength training on all muscle groups
(the key to permanent weight loss)
- Cool down
- Stretching routine
- and music makes it fun!

30 locations;

Check out the web site for a
location near you.

www.ilovecurves.net

