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Request your **FREE**
Fitness plan today!

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YOUR CURVES WILL AMAZE YOU.™

Burn up to 500 calories with our 30-minute workout, which combines strength training and cardio for a workout that works your entire body, from head to toe. It works every major muscle group and gives you results that *last*. You also get the total support of our trainers. Give it a try today, and see how your Curves will amaze you. Just fill out the form to request your FREE fitness plan today.



- Indicates this Club is equipped with CurvesSmart - Our state-of-the-art personalized coaching system.

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