



# The workout women love

**-30 minutes, 30 second intervals!  
Amaze yourself in a club  
or at home today!**



## Curves famous 30-minute in-club express circuit.

Strength training, cardio and stretching backed by a certified Curves Coach and a caring, supportive community.



## At-Home On Demand Workout

Our streaming program brings our 30-minute total body workout online.

**JOIN TODAY**

**\$100  
OFF  
SIGN UP FEE**



Find a local Curves



Join & Workout  
from Home

Curves is the most scientifically validated and researched fitness and weight management program in the world! Find out why women love the Curves workout today!

Whether you workout in a club,  
or at home OR both...

**Curves is waiting for you!**

**Curves:30**

\*Enrollment fee and monthly fees vary by location. Offer based on first visit enrollment for a Combo 12-month recurring billing fitness membership. Sales tax will be added and varies by location. Open to new customers only. Valid at participating locations only. Cannot be combined with any other offer or discount. No cash value. \*My Curves on Demand monthly fee is \$24.99, bands sold separately. Sales tax will be added and varies by location. Open to new customers only. Cannot be combined with other offers. Outside the US, charges will be based on current currency rates. For full terms and cancellation go to our Terms of Service. Memberships must begin by 12/31/2026

**Curves** Real Strength for Real Women

#CurvesStrong



**Curves.com**