

Curves offering virtual classes

For current and past members of Curves, the fitness club designed for women, this is a familiar cue, directing workout members to move to the next machine or activity in Curves 30-minute circuit.

But when the COVID-19 virus epidemic forced fitness centers and gyms, including Curves women's gyms in the Keizer area, to close suddenly and unexpectedly, Curves had to change stations now on a system-wide level.

Curves faced the unprecedented challenge of mobilizing at a moment's notice to provide support to their global network of locally owned and operated franchises and to their members who depend upon their local Curves to provide a fun, fast and safe 30-minute total body workout.

Fortunately for Curves owners and members, the Curves corporate team had spent the past two years implementing a new operating system, an updated website and new products and services that give owners and staff at Curves North America and Oceania enhanced access to tools like at-home workouts, mass emails, app notifications, messaging platforms, product purchases and more.

"While there was no way to anticipate this situation or have a roadmap of how to handle business in this unprecedented time, our new systems, products, and services allowed us to move quickly system-wide to transition the traditional Curves supportive community experience from in-club to online," said Krishea Hollo-

way, President of Curves NA & Oceania.

Social distancing does not have to mean social disconnection. Every day, owners are supporting members, via text, email, phone calls, or Facebook Live while they are closed.

During the current COVID-19 crisis, many Curves franchises are leading or sharing Curves specialty classes/circuits for their members on their Facebook pages, which is content created by Curves corporate fitness experts.

These classes feature real Curves coaches and owners conducting fitness classes, often live and in real-time, multiple times a week to help their members stay active while at home. Curves members are also taking advantage of tools available through their local club.

One of them, MyCurves On Demand, which is Curves at-home fitness platform. The members can access workouts through most any smart phone, tablet, laptop, or even streamed to a smart TV. The program replicates the in-club circuit using a resistance band in place of the machines.

Curves most recent launch is their 6 Weeks to Better Balance class, part of the Curves Health & Wellness Education Series.

This series offers self-paced weekly learnings with exercises progressing each week, along with tips and strategies to help improve balance and posture.

During this global crisis, local Curves coaches are standing by to make Curves fitness solutions available to

non-members as well who are searching for a way to stay fit and healthy. Women in the Keizer area should contact their local Curves to inquire about MyCurves On Demand or the Curves Health & Wellness Series.

"The entire Curves team is doing a tremendous job of supporting franchisees and members in a time of crisis, utilizing our recently-introduced initiatives," said Hollo-way. "When our world had to unexpectedly change stations, I'm proud to know that our team at Curves NA/Oceania had the experience in place to facilitate a system-wide about-face with incredible efficiency and effectiveness, while continuing to provide our members the best level of service possible under difficult circumstances."

Curves is one of the largest chains of fitness clubs for women in the world, famous for its 30-minute circuit with a coach that works every major muscle group with strength training, cardio and stretching. To learn more about MyCurves on Demand or Curves Health and Wellness Education Series, contact one of the Curves women's gyms in the Keizer area. For more information on any of Curves program offerings, please visit www.curves.com.

For Curves of Monmouth/Independence, located at 625 Clay Street in Monmouth, please call 503-838-7109

For Curves of Salem, - South, located at 4560 Commercial Street SE in Salem, please call 503-364-8782

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and bus rides to away matches. To me, that is where all the team bonding takes place," Haymowicz said.

Haymowicz also values the bonds that she has created over the last few years with players on other teams.

"I love going to the district meets and getting to know the people from all over our league," Haymowicz said.

Although Haymowicz didn't start playing competitive tennis until she was in high school, she played with her family throughout her childhood. For her, tennis was not only a sport she enjoyed, it also served as a helpful tool for Haymowicz to overcome her shyness.

"I'm usually a passive person, but tennis helped me come out of my shell and

learn to stand up for myself," Haymowicz said. "For me, it's all about focus. Yes it's a physical challenge, but I believe it's all about mental side of the game. You don't have to be this big, scary player in order to have success."

Along with being an excellent tennis player, Haymowicz has played the viola in the McNary orchestra for all four years of high school and had a 4.0 GPA. She plans to attend Oregon State University and enroll in the honors college program.

Being a well-rounded individual is one of the things Smith respects most about his star senior.

"One of my favorite memories of Avery was after she lost a long and compet-

itive match that went back and forth, she came off the court and said 'oh well, I did my best.' She's competitive,

but tennis isn't her end-all-be-all," Smith said.

Although her career was cut short, Haymowicz is still grateful for the experiences she had at McNary.

"I'm grateful for coach Smith helping us out-side of just practice and I'm grateful for my parents, who stayed involved and helped give me the best experience possible," Haymowicz said.

"Avery is an amazing young woman who took on our captain role really well. It's a disappointment for sure, but she rolls with the punches really well and she has got a lot of stuff going for her," Smith added.

"It's heartbreaking.

I feel for Avery, who won't get to finish her final season..."

— Sean Smith, McNary head coach



File

Avery Haymowicz returns a serve against Century in a meet from last season.

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