

Business Notes

Women's fitness franchise, Curves, is well-received in Banks



Polly Grant and Kathy Douglas are having fun with their new Curves franchise in Banks.

Women – Are you looking for a place where it's fun to work out in a supportive environment? Then Curves in Banks may be the place for you.

Curves started in 1992 in Harlingen, Texas, offering a women-only circuit training workout. The system uses hydraulic resistance equipment along with aerobics to give a complete workout in 30 minutes, three times a week. Every muscle group is covered by the circuit so women get complete strength training. The program works so well that, for every one-and-a-half McDonalds there is now a Curves.

Co-owners Polly Grant and Kathy Douglas opened Curves in Banks last September. Since then, over 300 women have joined and, by November 7, the membership had lost a total of 575 inches.

Polly started researching the Curves franchise two years ago and joined Curves in Forest Grove when it opened. Kathy

also belonged to Curves in Forest Grove and the two knew each other from community projects in Banks. Planning for Curves in Banks started in earnest eight months ago. Polly and Kathy each spent a week in Texas to cover marketing, business, and fitness.

The Curves program promotes the buddy system and the clients are highly supportive of each other. A full circuit of women working out gives off lots of positive energy that can be felt in the room. One lady lost 18 inches in the first month. The youngest Banks member is nine and the oldest is 86, with the average age being around 40 years. One daughter, mother, grandmother group from Vernonia joined up and work out together.

"Banks is a very special place to live and I want to be able to be here to support fitness," said Kathy. Her goal is "to give it the personal touch."

There is always one staff

person on the circuit with the clients to be sure they are doing the workout correctly. The personal touch is also shown by the birthday wall and birthday drawings, the prizes every so many visits, and the toy drive now taking place.

"Seeing customers' improvement gives me satisfaction,"

Polly said. "We'd rather stay small and keep the clients we have happy, than grow and lose that happiness."

For a healthy workout in a fun, supportive environment, check out the Banks Curves, at 163 N. Main, Suite B, or call 503-324-9262.

Curves is open Mondays

and Wednesdays from 5:45 to 11:30 a.m. and 1:30 to 7:00 p.m., Tuesdays and Thursdays from 6:30 to 11:30 a.m. and 1:30 to 7:00 p.m., Fridays from 5:45 to 11:30 a.m. and 1:30 to 6:00 p.m. and 8-10:30 a.m. on Saturdays. Hours are subject to change based on membership numbers and needs.



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