



Embassy of the United States of America
Office of Public Affairs
Baku, Azerbaijan

83, Azadlıq Prospekt
AZ1007 Baku, Azerbaijan
Email: ganjaliyevaa@state.gov

Phone: +(99412) 498 03 35
Fax: +(99412) 465 66 71
URL: azerbaijan.usembassy.gov

MEDIA ADVISORY

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Curves, American chain of fitness clubs for women, will open its doors in Baku



On December 10 at 12:00, Commercial Section representatives from the U.S. Embassy in Baku will participate in the opening of Curves, the largest chain of fitness clubs for women in the world. Curves chain consists of more than 10,000 locations in 80 countries worldwide. The opening of the first Curves outlet in Azerbaijan is another example of increasingly close business and trade ties between Azerbaijan and the United States.

Created specifically for women, Curves offers a complete fitness solution. The Curves 30 minute workout exercises every major muscle group and burns up to 500 calories through a proven program of strength training, cardio and stretching.

Curves system allows women of all ages and all levels of physical fitness to start physical activity. Comfortable and friendly atmosphere in Curves clubs helped more than 4,000,000 women worldwide to get into swing of regular exercises and achieve their fitness goals. For most of the women these exercises were the first in their lives.

Curves is total body workout. Curves circuit works every major muscle group in its 30 minutes workout that can burn up to 500 calories. Curves workout combines cardio and strength training so women lose weight and gain muscle.

Research proves the Curves method protects muscle, burns body fat and raises metabolism.

Curves is the symbol of health and fitness. Curves is the strengthening of the body and losing the weight. Curves is achievement of goals in the atmosphere of mutual support and rewards.

Curves means strong and healthy women.

In Baku Curves club will be located at Nakhichevani 14 (200 m from Caspian Plaza Business Centre).

For additional information, contact curves.az@gmail.com **{PLUS INCLUDE OUR INFO?}** Global site: www.curves.com

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