

JANUARY CALENDAR GIRL

BERIS LEWIS



CONGRATULATIONS

Beris has been a member at Curves since September 2009. The staff are awarding the prize to Beris for her high motivation levels. Nothing stops Beris from doing her workouts at Curves. Even when we had the busy Christmas period and snow, Beris still managed to get her workouts done. To top it off...Beris even exercised when poorly! We try and get our members to aim for 60 workouts in 5 months....in five months Beris has done 58 workouts....so a big WELL DONE!