

## Curves of Bolton offering 30 days free

With fall schedules resuming, Curves of Bolton is offering 30 days free this month to new fitness members looking to get back on their weight-loss track.

Prior to joining, new members can also take the Curves Total Body Challenge and try a 30-minute Curves circuit for free. That includes a full body workout with strength training and cardio.

With fall approaching and people looking to get back on track after summer, we are thrilled to offer new Curves fitness members 30 days free in September, commented Jennie Ellison, owner of Curves of Bolton. We also invite prospective members to try the circuit before joining and take the free Curves Total Body Challenge. We think this is a great way to experience the circuit without any obligation and learn how it can provide a complete workout.

For more information, visit [Curves.com/30daysfree](https://Curves.com/30daysfree), or call Ellison at 905-857-4111.