

Meet the Team of Curves Duarte

Stacey Park - Owner, Circuit Coach, Certified Curves Complete Coach, Certified Curves Circuit with Zumba Fitness Instructor

I have loved fitness my whole life. When a friend invited me to come check out her women only fitness center in 2001 called "Curves" she just opened she changed my life. On the way home from the workout I called my husband Tim and said "I want to quit my job (as the Sales Director of Southern California LoJack Corporation) and open a "Curves". Neither one of us had ever heard of it.



Luckily he thought it was a good idea too! Six months later we were open for business (in June of 2002). Curves hits the nail on the head - What used to take an hour and a half to do at traditional gyms (complete workout including weight training) Curves makes possible in a half hour - plus it is fun! It fills my soul to give something so amazing to the women of our community. In my (not so humble) opinion we do Curves REALLY well at Curves Duarte.

Rose Gibson - Assistant Manager, Circuit Coach

It's great to be at Curves!!! Little did I know how those few words were going to become such a wonderful and important part of my life. Over the years I have



viewed my life as a wonderful puzzle that is comprised of many beautiful pieces. Making up this picture are an awesome and caring husband, two gorgeous daughters and two of the most adorable grandson's a woman could be blessed with, and yet; I was finding that there was a piece missing from this picture, and believe it or not it was me! I found myself so wrapped up in the lives of my family that I lost me in the equation. I came to realize that I needed to start doing some

good things for me. I set a goal to start taking better care of myself, spiritually, nutritionally and physically. I became a member of Curves in 2006, and in July

2007, I had the privilege of becoming part of the staff. Since the beginning of my relationship with Curves I have lost a total of 61 pounds and 40 inches and am enjoying a much healthier life. It is wonderful to be a part of the Curves family, and I want to thank each one of you for adding to the wonderful picture of my life!

Carla Shollenberger - Circuit Coach



Hi! I'm Carla! Life has taught me that we really have so much to give and by giving we grow! It is great to be here with all of you! I am a mother of four and a grandmother of five, ages 6, 9, 13, 17 and 20. My children and grandchildren are the delight of my life and the reason for my strength. Physical fitness has always been a passion of mine. In life, I have found that by talking with others you gain so much in knowledge and ideas, you learn about other cultures, beliefs and find out we are all really alike! This is an exciting time in my life and I am glad God has brought me to Curves to share my excitement about living with each of you.

Ebony Wright - Circuit Coach

Hello!!! I'm Ebony and I am so thrilled to not only be an employee of Curves but a member as well! I never would have imagined I'd join Curves and about two weeks later be asked if I was interested in becoming an addition to the Curves Duarte team. I am married to an amazing man serving our country in the U.S Navy, between that and school life can become



a bit stressful. Curves has given me a place to not only de-stress but work on my healthy lifestyle goals. I'm very excited to be able to share my journey with Curves members and be there for them through theirs as well.

Adri-Anne Cecere - Certified Curves Circuit with Zumba Fitness Instructor

Hello, my name is Adri-Anne and it is an honor to be a Curves Circuit with Zumba Fitness instructor for Curves Duarte. Little did I know how much my life would change when I walked into my first Zumba class over three years



ago. I had recently gained a significant amount of weight after my divorce and like many women I felt I had lost myself and did not know how to gain back that confidence I once had. I always enjoyed dancing and decided to give Zumba a try. One class and I was hooked. I became so in love with this form of exercise that I found myself taking classes five days a week. After class one day, I was approached by a Zumba instructor who encouraged me to become a licensed instructor. And as the saying goes, "the rest is history". In the fall of 2010, I was approached by Stacey to audition for Curves and was thrilled to be offered a position as one of her instructors. A little over a year teaching and 94 pounds lost, I couldn't ask for a better group of women to teach. I love the fact that Curves incorporates strength training with a great Zumba cardio workout and I see the amazing transformations in these women every week. The women of Curves have touched my life in so many ways and I am humbled by the joy and energy they bring to each class. I would love to share some of that joy with every one of you. I hope to see you in class!