



April 2010



CANTON CLUB IS EXCITED TO INTRODUCE AIR YOGA TO BALTIMORE

What is Air Yoga?

It is a new type of Yoga that combines Yoga poses with movements done on a hammock-like apparatus. The low-hanging silk hammock is used to support the weight of the body. The student uses the hammock to perform traditional yoga poses. The training on the hammock complements the Yoga poses; shoulders are stabilized while being stretched, core abdominal muscles can be strengthened and spinal flexibility becomes comfortable to explore. No longer being limited to the two dimensions of a floor, the Air Yoga participant is able to experience positions not previously possible while being securely supported above the ground in the versatile silk hammock.

OPEN HOUSE *

Monday, April 5th at 5:00 pm
 Tuesday, April 6th at 9:00 am
 Thursday, April 8th at 7:45 pm
 Saturday, April 10th at 11:15 am
 Sunday, April 11th at 10:30 am
 Monday, April 12th at 5:00 pm
 Tuesday, April 13th at 9:00 am

* Air Yoga classes are limited to 12 participants
 * Open House classes are FREE & Canton Club members can reserve a spot in one of these classes by signing up at the front desk.

KRAV MAGA MARYLAND AND CANTON CLUB PARTNER UP



Once again, Canton Club and Krav Maga Maryland are partnering up to bring Krav Maga classes to Canton. Krav Maga is the official self defense system of the Israeli Defense Forces.

Participants in Krav Maga classes should expect to

- Learn life-saving self-defense techniques that have been **proven in real situations countless times**
- Have an intense, interval training style workout.
- **Have fun!**

No experience is required. Just one hour of Krav Maga training will make you a bit safer than you were before training. Don't be intimidated if you're just getting back into the habit of exercise. **The workout is very self-paced. Just be forewarned, Krav Maga is addicting!**

When: Beginning April 3rd, every Saturday at 12:30 pm
 Participants should arrive at least 10 minutes prior to start of class.

Where: Canton Club's New Group X/Training Zone
Instructed by: Jeanine Jackson of Krav Maga Maryland
Cost: \$15 per class or 10 classes for \$100

DIET TO GO

Lose weight the delicious way...



Diet-to-Go's Meal Delivery Service comes to Canton Club in April.

- Tasty Meals
- Affordable Plans
- Portion Control
- Proven Weight Loss
- Traditional Low-Fat, Low-Carb and Vegetarian Menus

Ask a Canton Club Staff Member for more details and get started today.



GROUP X NEWS

APRIL SCHEDULE

The Group X schedule for March will remain in effect until the opening of our NEW Group X / Training Zone. We anticipate the opening to be in mid-April.

Class Time Changes

Starting April 1st, Yoga on Thursday evenings will be held at 7 pm. *For those seeking more of restorative yoga approach, this class is highly recommended.*

Starting April 6th, Pilates on Tuesday evenings will be held at 7 pm.

Stroller Flex

Thursdays at 6:30 pm (weather permitting)

Starting April 8th Instructed by Jacki

- Beat the post baby blues
- Workout while bonding with your little one
- Shed those unwanted pregnancy pounds

Parents should meet outside in front of the main gym entrance.

Classes will include cardiovascular and strength training exercises.

IMPORTANT INFORMATION

Interested participants should email Jacki at jacki.irie1@gmail.com to receive a copy of the liability form that must be completed by both parents' of the baby.

Equipment will not be provided. Participants will need to bring a pair of dumbbells and a light weight mat.

In the event of rain, class cancellations will be posted on the CantonClub Twitter which can be viewed from Canton Club's website at www.cantonclub24.com.

Summer Group X Schedule



This year, Canton Club will have a "Summer Group X Schedule" which will be in effect from Memorial Day through Labor Day. The schedule will include several pool classes which are free to members even if you do not have a pool membership. Classes will

include Canton Club's exclusive Aqua Power class, Stroke Clinic, Water Aerobics, Bikini Boot Camp, and AquaZumba. In addition to the pool classes, the schedule will include a couple new outdoor classes and all of the standard classes at Canton Club.

In preparation for the summer schedule, your feedback is very important. The best way to show your support for a particular class is to attend the class. Classes whose averages are low heading into the summer will be cancelled for the summer. In addition to attending class, please email your comments to Fitness Director, Jacki Dalsimer at jacki.irie1@gmail.com.

GROUP TRAINING

Bridal Bootcamp



Seeking the fastest way to tone up and feel great for your wedding day? **Enlist in Canton Club's Bridal Bootcamp and report for duty.** Workouts geared toward brides, bridesmaids, and mothers of the bride and include lots of shaping and toning in those "key wedding gown areas": the arms, back, and shoulders.

When: Tuesdays 5:30 - 6:30 pm & Thursdays 5:00 - 6:00 pm
From April 6th - April 29th

Instructed by: Loredana

Cost: \$75 for the eight sessions

Space is limited. Reserve your spot by signing up at the front desk.

Questions? Email Loredana at loredana@cantonclub24.com

TRX

Your 1st TRX Session is on the House*

**subject to availability, paying members get first priority*



TRXcellent - "I have always only used free weights and machines in my workouts because I felt like that would give me the best results and that is what I was used to. I thought the TRX exercises would be too easy. After being shown how to use TRX and the many different types of exercises associated with it, I can honestly say **I am a TRX believer.** Give TRX a try. You won't be disappointed." – Ari Cohen

OFF PEAK PERSONAL TRAINING SPECIAL

Monday - Friday

Train between 9:30 am – 2:30 pm

Save \$30 and beat the crowds - Discounted PT package 3 sessions for \$150.

please join us for...

HAPPY HOUR!

Friday, April 30th from 5-8 pm
At Langermann's (2400 Boston St,
in the can company)
For Canton Club members and their guests