



February 2010



CLUB NEWS

Canton Club's NEW Group X and Group Training Zone is well under construction at the main gym.

Stage 1 – New Cycling Zone opened Tuesday January 25th. With more space we look forward to accommodating larger classes. Please check in at the front desk before going directly to the cycling classes. Towels will be available at the front desk.

Stage 2 – Group X and Group Training Zone construction should be complete by March 1st. Canton Club will be presenting some new and unique Group Training Classes to include FIT WALL CLASSES and AIR YOGA. This larger studio space will eventually house most of our Group X Classes as well.

New Towel Service – Canton Club has now contracted with an outside service to launder our gym towels.

Q: What does this mean to you?

A: (1) Gym towels should always be available
(2) Our staff will have more time to provide the excellent customer service we strive for.

Happy Birthday Frank! (Feb 23rd).

PERSONAL TRAINING

Small Group Training

Share the cost of personal training with a friend. Take advantage of this month's "Small Group Training" package.

- Two people, three sessions for \$210 (\$30 savings)
- Three people, three sessions for \$230 (\$40 savings)

Train Properly Using a Heart Rate Monitor



Using a heart rate monitor takes the guesswork out of your workouts. A heart rate monitor not only tells you when you need to work harder but also lets you know when you need to slow down.

Schedule a training sessions with a trainer to identify your target heart rate zones and to learn how to effectively train using a heart rate monitor.

- Three 30 Minute Sessions for \$100
- One 60 Minute for \$55

Canton Club sells Polar Heart Rate Monitors. Currently, the F6 model is on sale for only \$99.

GROUP X NEWS

Special Classes

Yoga for Beginners – If you have ever been interested in trying yoga but feel intimidated by classes, Vanessa will be offering a four week introductory series for beginners. Vanessa recommends you attend all four sessions to master basic poses and terminology. However, you do not need to attend all four. Mats will be provided.

Cost: FREE for members, \$60 for non-members and the cost includes a 30 day trial membership.

When: Every Tuesday at 7pm (starting Feb 2nd)

Where: Studio 2

Couples Yoga Class – Couples will work together to perform and assist each other in a variety of yoga poses. Yoga for couples helps couples connect. The class will enhance your relationship and health.

Cost: FREE for members, \$10 for non-members

When: Saturday, February 13th at 12:30pm

Where: Studio 2

Dancing Biathlon – Let's get this party started! **Two hours of dancing, two different styles, and two different instructors.**

When: Saturday, February 6th starting at 11:00am

Where: Studio 2

Details: 11:00am Zumba with Andy

12:00pm Red Hot Jazz with Corrine

The kickoff begins with Andy teaching his regularly scheduled "Zumba" class filled with easy to follow hypnotic latin dance moves. Following Andy's class and new to Canton Club, Corrine Burnette brings "Red Hot Jazz": Red Hot Jazz is a fun, sexy class that will give you a great workout. It combines hot moves making you feel like Beyonce while toning your muscles and improving your flexibility.

New Class

Butts, Guts, and Cardio – People are always complaining about their butts and guts! No more complaining, take action. This class is designed to target your gluteal and abdominal muscles while maintaining an aerobic heart rate zone to burn fat. If you liked Rock UR Skinnies, you will absolutely love this class.

Get the body you want this winter. Bum and tone with Angie.

When: Every Wednesday at 7pm

Where: Studio 2

EVENTS

- **Maryland Half Marathon, May 23rd: Visit www.mdhalfmarathon.com for more information**
- **Ride for the Feast, May 15 – 16th: Two Days and 140 miles of biking. Visit www.rideforthe Feast.kintera.org for more information.**

Half Marathon Training for the Maryland Half Marathon



2010 is your year to run your personal best half marathon. It may be your first half marathon or your tenth, either way it is going to be your best

time ever. Canton Club is organizing a training program for the **Maryland Half Marathon located in Timonium, Maryland on Sunday, May 23rd.** Join the group and run your personal best half marathon!

What: Informational Half Marathon Training Program Meeting

When: Monday, February 15th at 7pm

Where: At the Front Desk

(If you are planning on running a different half marathon, the program could still work for you)

For more details, contact Angie at angie@cantonclub24.com

Ride For The Feast - Ordinary People Doing Extraordinary Things



Spin instructor Andy Bujanda will be holding four special cycling classes to raise funds and awareness for Ride for the Feast, a fundraiser bike ride for local non-profit, Moveable Feast.

Ride for the Feast is a fully-supported 2-day, 140-mile fundraising bike ride from Rehoboth Beach, Delaware to Baltimore City. Ride for the Feast supports Moveable Feast, an organization that provides life-sustaining meals to people living with HIV/AIDS and breast cancer.

Special Cycling Classes

When: February 20, 21, 27, and 28th at 1pm

Where: Cycling Studio

Cost: The suggested donation is \$5 for members and \$10 for non-members.

Andy is donating his time, Canton Club is donating their facilities and the Ride For The Feast is completely underwritten by corporate sponsorship so you can be sure that 100% of your donation will go directly to client services at Moveable Feast.

GROUP TRAINING

Beginning the week of February 15th.

Receive eight sessions with a personal trainer in a group setting for only \$75!

- **Work – It Circuit** on Tuesdays and Thursdays (*specific time TBA*)
- **Resolution Revolution Boot Camp** on Mondays and Wednesdays (*specific time TBA*)

For more details, pick up a copy of the February group training schedule. Reserve your spot by signing up at the front desk. Group trainings are limited to eight participants.

COMING IN MARCH

Loredana will be hosting a variety of Bridal Boot Camps and Training Packages for those looking to get fit for wedding season. Interested members should email Loredana at loredanapetrucci@hotmail.com.

DREW BREES does it.
THE HOUSEWIVES OF ORANGE COUNTY do it.
JENNIFER LOPEZ does it.
GISELLE BUNDCHEN does it.
ELLEN POMPEO AND PATRICK DEMPSEY do it.
MARY J. BLIGE does it.
FRANK, JOSH, ANGIE, JACKI, LOREDANA, AND ERIN do it!



DO YOU?

TRX training sessions are \$45 for 5 sessions! Give it a try.

Your 1st TRX Session is on the House*

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

Happy Hour!

Canton Club Members and their guests are invited to enjoy FREE Appetizers & Drink Specials at

Fieldhouse
Thursday, February 25th • 5-8pm
 2400 Boston Street in the Can Company

