

cantonclub

your gym for life.



March 2010



YOUR NEW YEAR'S RESOLUTIONS HAVE NOT FAILED

It is too early to give up on your 2010 New Year's Resolutions. Take time to reevaluate your resolutions and your plan for achieving them. If you are not where you want to be at this point, remember ***you have not failed, your plan has failed.*** Make March the month you create a new plan for achieving your resolutions. At Canton Club, you have a variety of options, i.e. personal training, group training, group X.

Reach out to one of the trainers to receive a complimentary fitness evaluation or personal training session. During your session, take time to discuss your goals and ask for a plan.

INTRODUCTION TO TRX SUSPENSION TRAINING



This month Canton Club's personal trainers will be available to provide an introduction to TRX. Learn proper technique and safety precautions, a variety of exercises for the entire body, and how to incorporate TRX suspension training into your workout routine.

Introductory TRX Training

30 minute sessions at a time convenient for you for only \$30.

FREE Introductory TRX Group Training

In a group setting, join Angie on **Monday, March 15th or 29th at 6pm free of charge** to first time TRX-ers. To reserve your spot, please sign up in advance.

WORK-IT CIRCUIT

When: 6:30am Tuesdays and Thursdays

Trainer: Angie

Beginning Thursday, March 4th receive eight consecutive Tuesday/Thursday morning sessions with a personal trainer in a group setting for only \$75! For more details, pick up a copy of the March group training schedule or contact Angie at angie@cantonclub24.com. Reserve your spot by signing up at the front desk. Group trainings are limited to 8 participants.



WIN WITH WEIGHT LOSS 6 WEEK FIT CAMP WEIGHT LOSS COMPETITION

March 13 – April 24

For those of you who are serious about losing weight, who really want to get in shape, who want to feel great about themselves in a bathing suit this summer, this program is for you! For less than \$60 per week, the cost of one training session per week, you will receive the personal attention of a trainer, daily motivation, nutritional guidance and have a chance to win money!

Participants Receive

- 3 Small Group Personal Training Sessions Per Week (9 per week offered, mornings, evenings, and weekends)
- Personal Weight Loss Coaching
- Daily Nutritional/ Motivational Blog
- Friendly Competition

Cost

- \$350 for members
- \$425 for non-members (includes 6 week membership)
- \$60 for Premium Members

Winners Receive

- 1st Place – \$300
- 2nd Place – \$150 gift certificate to Canton Club
- 3rd Place – \$75 gift certificate to Canton Club

(Based on Percentage of Weight Loss)

Win With
**WEIGHT
LOSS!**



GROUP X NEWS

Yoga for Beginners

Tuesday March 9th at 7pm & Tuesday March 23rd at 7pm

If you did not get a chance to attend Yoga for Beginners in February, Vanessa will be continuing the introductory series. This class is excellent for beginners and those who lack flexibility. **Mats will be provided.**

Group X Goes Horizontal Challenge

Looking for a...

- Challenge?
- Test of your total body strength?
- Workout that flat out kicks your butt?

Join Angie, Jacki, & Nate as they lead you through an incredible 90% horizontal workout. This class is not for beginners. You should consider yourself an intermediate to advanced exerciser to attempt this challenge.

When: April 1st, 2010 at 6:30pm

Instructed by Angie, Nate, and Jacki

Mark your calendars. This is no April Fool's joke!

How can you prepare? During the month of March the instructors highly recommend you attend at least two of the following classes/group trainings per week.

- Butts, Guts & Cardio
- Flex
- Fusion Flex
- Gliding
- Bootcamps
- TRX
- Power Flex
- Cardio Flex

CANTON CLUB NEWS CORNER

Canton Club welcomes DEN BURDETTE to the Personal Training Team.



Den has over 7 years of experience as a certified personal trainer. He has helped many people lose or gain weight and build lean muscle through his programs. His focus is helping clients develop "total lifestyle transformation." Den stresses the importance of overall health to include cardio strength and good

nutrition. Den works with a variety of clients including those training for specific sports and events. Den's unique training style brings a variety of sport related experience and provides a dynamic skill set to keep clients motivated, dedicated, and noticing results. Den can be reached at fitnesswithden@gmail.com

Best wishes to:

- Canton Club's JP & Kristy on their recent engagement
- Canton Club's Nate & Krissy on their recent engagement

Coming soon:

Look for the Grand Opening of Canton Club's NEW Group X & Group Training Zone! A whole lot of white stuff put a little delay in the construction schedule and we now anticipate a late March completion. **GET READY TO SEE GROUP X & GROUP TRAINING IN ACTION!**

HALF MARATHON TRAINING PROGRAM

Start Date: March 27th

Finish Date: May 23rd

Trainer: Angie



Weekly Training Sessions:

- Saturday Mornings - Long distance runs
- Tuesday Evenings - Hill/Speed training sessions

Coaches will be applying the 3 plus 2 training philosophy which means three quality runs per week plus two cross training days. Water will be provided after long runs on Saturdays.

Cost:

- Members \$160 by March 12th & \$180 after March 12th
- Non-Members \$190 by March 12th & \$210 after March 12th

Includes:

- Canton Club Water Bottle
- Half Marathon Training Shirt
- Training Program
- Running Blog - Motivational Tips, Cross Training Ideas, and Running Routes for non-group runs.

Why train with Canton Club's Coaches?

- You will have coaches available to you for questions and concerns throughout your training.
- Training with a group is fun! People who train with a group are more likely to achieve their goals.
- Distance runs are easier with a group.
- Coaches plan your distance runs for you.
- Coaches plan workouts to help your pacing and train you to love hills!

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

Make a commitment to run your first and/or best half marathon. Register for this Training Program at the front desk.

F.A.Q.

Question:

I come to the gym at least 5 days a week during my lunch hour and do at least 45 minutes of cardio (treadmill, bike & elliptical). I am trying to lose weight but seem to be stuck at the same weight of 140 lbs.? What do you recommend?

Answer:

It sounds like you are definitely committed but have hit a plateau. I recommend investing in a Polar Heart Rate Monitor in order to measure the intensity of your workouts. Additionally, you must add strength training to your routine, remember **MUSCLE BURNS FAT!** Also, the gym does offer 12:15 pm TRX Group Training on Wednesdays, your first time trying it is FREE. Your Canton Club Fitness Professionals are here to help.