

APRIL 2009

A NEW VIEW ON FITNESS!

410.276.5544 • www.cantonclub24.com

Win With
WEIGHT LOSS!

60 DAY PARTNER CHALLENGE!

APRIL 13TH - JUNE 11TH

This time it will be a Partner Challenge! Participants can sign up with a partner or be assigned a partner. The couple with the highest percentage of weight loss wins! Do not be discouraged if you do not have a partner. Every weight loss challenge at Canton Club has been a blast! You will be paired with someone you will most likely remember for a lifetime! If you have a friend who is not a Canton Club member, he or she is welcome to participate.

Participants Receive:

- 8 Training Sessions (valued at \$480)
- 8 Group Training Sessions (valued at \$120)
- Fitbook (valued at \$20)

Cost Per Participant: \$550 for members or \$650 for non-members

Winning Partners Prizes:

\$300 per person
New You New Look Urban Chic Attire (\$125 per person)
Bella's Salon Make Over
Massage by Tommy at Canton Club
Canton Club UnderArmour Shirt & Water Bottle
Total Prize Value per Person of \$700!

SUMMER POOL MEMBERSHIP

\$250 per person
(Canton Club Members only)

Open 7 days a week from Memorial Day through Labor Day. Members can purchase passes directly from the Baltimore Marine Center (downstairs).



GROUP X NEW CLASSES THIS MONTH



Step up your workout this month with these unique classes at Canton Club

Step & Glide with Kristy – Wednesdays at 6 pm

Step & Glide is going to be a great interval training class. Join Kristy for a one of a kind class utilizing the step to get your heart rate pumping and the gliding disks to strengthen and tone your muscles!

Yoga Step with Cecelia – Wednesdays at 7 pm

Cecelia has designed another challenging Yoga practice. Cecelia will be utilizing steps with yoga flows to strengthen both the upper and lower body.

Zumba® with Adelia – Tuesdays at 5 pm



Zumba® is finally at Canton Club. Get ready to have fun while blasting away calories. Zumba® allows you to tone and sculpt your body through Latin rhythms and easy to follow moves. Adelia will guide you through intervals of fast and slow rhythms to keep your body burning fat!

Canton Club
Health & Fitness

SPECIAL EVENTS THIS MONTH

Sunday, April 5th at 12 pm – Yoga for Runners

As the weather gets warmer, many of you hit the outdoors to log in miles. Whether you are just on a joy run or training for an event, your muscles, joints, and tendons are being fatigued and stressed. Yoga for Runners will focus on strengthening and stretching the major muscle groups used when running. Join Vanessa for muscle relief!

Location: Studio 2

Instructor: Vanessa

Cost: FREE FOR MEMBERS

\$15 for non-members (*non-members should register at the front desk 10 minutes prior to start of class*)

Saturday, April 11th at 12 pm – Cardio Bag Class with Krav Maga Expert Jeanine Jackson to benefit TurnAround, Inc.

Once again, Jeanine is hosting a class at Canton Club!!!! Get a great cardio bag workout and help Jeanine raise money for TurnAround, Inc., a private non profit organization that provides services and support to survivors of sexual assault and domestic violence in Baltimore County and Baltimore City.

Location: Studio 2

Cost: \$10 donation to TurnAround Inc

Reserve your spot at the front desk. Gloves required.

RUNNING CLUB

Canton Club is on the run and training for the Inaugural Maryland Half Marathon on May 31st. Runners are up to 7 mile long runs on the weekends and have been practicing their speed and attacking hills as part of their training.

Planning on running the same half marathon? Order your Canton Club Half Marathon race day shirt at the front desk by May 1st, 2009.

Upcoming Races

Saturday, April 4th – COLLEGEBOUND FOUNDATIONS RACE FOR THE FUTURE 5K – Start and Finish at Du Burns Arena in Canton

Saturday, April 18th – VICTIMS FUND RUN 5K RUN/WALK 1 MILE WALK – Start and Finish in Patterson Park

Sunday, April 26th – PORT TO FORT 6K – Start at Baltimore Museum of Industry, 1415 Key Highway

Friday, April 24th & May 1st 6:30 - 8 pm – Restorative Yoga

End the hectic work week, relax & rejuvenate yourself for the weekend with 90 minutes of Restorative Yoga! Let Cecelia guide you through a series of active and passive restorative poses.

Yoga mats, straps and blocks will be provided. It is recommended you bring pillow/bolster, blanket and eye mask.

Location: Studio 2

Instructor: Cecelia

Cost: \$25 for members and \$35 for guests of members

Top Ten Reasons to Participate in Restorative Yoga

1. Provides relief from physical exhaustion and fatigue
2. Relieves back pain and improves posture
3. Improves range of motion
4. Builds up resistance to injury
5. Improves circulation and encourage healing
6. Releases lactic acid and other toxins from areas of accumulation
7. Provides relief from chronic stress-related conditions such as insomnia, fatigue, headaches, digestive problems, etc.
8. Induces a deep state of relaxation, a seed for meditation
9. Brings about awareness of muscular and respiratory holding patterns
10. Stimulates and relax the body to move toward balance

CANTON CLUB CELEBRATES EARTH DAY

Canton Club is taking measures to be more environmentally friendly:

- Recycling your plastic & glass bottles
- Using "green" cleaning products
- Using energy saving lightbulbs



How can our members help?

- Turn off TVs when done with equipment
- Take one towel
- Use refillable water bottles

HAPPY EASTER & PASSOVER FROM YOUR FRIENDS AT CANTON CLUB!
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