



**FEBRUARY 2009
A NEW VIEW ON FITNESS!**

410.276.5544 • www.cantonclub24.com

RUNNING CLUB

Half Marathon Training

If you are interested in running a half marathon, Canton Club's running club coaches Nate Readal, Melissa Macafe, and Jacki Dalsimer are ready to help you train. Training begins the week of February 16th and ends May 31st, the date of several area half marathons.

Training sessions will be offered five times per week with the intent that participants will attend a minimum of two training sessions per week. There will be two long runs per week, one on Saturday and one on Sunday. Throughout the week, the coaches will focus on shorter runs, hill and speed training, as well as ways to cross train.

The cost of the training program is **\$125 before February 6th** and \$135 after the 6th. The cost includes all training sessions, a t-shirt, water bottle, and basic training log. Register today at the front desk!

Upcoming Races

Kelly St. Patrick's Day Shamrock Race on March 1, 2009
Credit Union Cherry Blossom 10 Mile Run April 5, 2009

KRAV MAGA

The first Krav Maga workshop sold out very quickly and was a big hit. As a city resident, you need to know how to defend yourself in an emergency situation. If you missed the first workshop, you can register for the upcoming workshop on **March 7th from 12:30 – 4:30 pm**. The workshop is an "Advanced Workshop" meaning it will cover more topics than the first "basic" workshop. Do not let the word "advanced" deter you. All fitness levels are welcome and you did not need to attend the first workshop to be involved in the second. The cost of the workshop for Canton Club members is only \$75 and includes a t-shirt. If you live in the city, you can not afford to miss the workshop. Your life could depend on it!

GROUP X

It may be cold outside but things are getting hot in Group X. Pick up a copy of the February schedule today. Several new classes have been added to the February schedule.

Gliding™ - Monday evenings at 6 pm.

Gliding™ is an interval training class designed to strengthen and lengthen all major muscle groups while getting the benefits of cardiovascular training.

Fusion Flex was such a hit we will be offering the class twice a week. **Tuesday evenings at 5:15 pm with Melissa and Sundays at 9 am with Erin & Jacki**. Be prepared to lunge with an overhead tricep extension, hold the plank position while performing rows, and do squat curls with an overhead press.

Yoga-lates – Tuesdays at 4 pm with Heather will fuse the best of yoga and Pilates.

Cycling - Wednesdays at 4 pm with Melissa for those of you who would like to be home in time for dinner.

PowerYoga is back on Thursday evenings at 7 pm with Canton Club's newest instructor Vanessa.

CANTON CLUB STORE

Polar Heart Rate Monitors are now **ON SALE!!!!**
The popular F6 is now only \$99

REFERRAL PROGRAM

Is your membership **FREE**? IT CAN BE! Refer new members to Canton Club and we will reduce your monthly dues by \$5 for 1 year.

Canton Club
Health & Fitness

WHY YOGA?

The main reason people join a gym is to get into better shape. 80% of the people who join the gym say they are interested in lifting weights or doing some type of cardio exercise. So why does Canton Club's Group X program offer so many yoga classes? Group X director, Jacki Dalsimer, truly believes if you are going to be athletic you need to include yoga into your fitness routine. On any given day, you will find Jacki at the gym instructing one of the club's many high intensity classes. Jacki feels yoga has helped increase and balance the flexibility in her muscles which in turn prevents injuries.

More reasons why Canton Club offers Yoga:

- Yoga has invaluable health benefits both preventative and restorative. Improves flexibility and promotes body awareness.
- Yoga can be used as part of an overall approach to lowering blood pressure, improving digestion, boosting the immune system and easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.
- Studies have demonstrated that practicing yoga, meditation or a combination of both reduced pain in those with conditions including cancer, multiple sclerosis, auto-immune diseases, hypertension, arthritis and back/neck pain, among other chronic conditions

Make it a goal to try all four of Canton Club's wonderful yoga instructors (Cecilia, Anita, Heather, and Vanessa) this month!

GIFT CERTIFICATES... MAKE GREAT VALENTINE'S DAY GIFTS!

		A Gift Of Fitness	
TO: _____	VALUE: _____	FROM: _____	FOR: _____
AUTHORIZED BY: _____	DATE: _____		
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GREAT IDEA FOR MEMBERSHIPS, PERSONAL TRAINING SESSIONS, SPORTS MESSAGES, AND POLAR HEART RATE MONITORS!

A BODY METAMORFOSIS

- Lose **F**at
- Get **F**it **F**ast
- **F**eel Strong
- Look **F**antastic
- Build a **F**abulous Core
- Exercise Injury **F**ree
- Weights **F**ree Workout
- Treadmill/Elliptical **F**ree Workout
- Crunch **F**ree Workout
- **F**use Aerobic and Anaerobic Development
- **F**inish in 30 Minutes a Day
- Balance **F**itness, **F**orm and **F**unction



Welcome to Multidimensional Functional Exercise

Fee: Twelve 30 Minute Foundational Sessions for \$350

Facts: Each Exercise Engages 60% of Your Skeletal Muscles
A Vertical Component Raises Heart Rate & Respiration
A Resistance Component Targets Specific Muscle System
Upper + Lower Body Coordination Strengthens Core
Resistance Levels Balance Aerobic & Anaerobic Work
High Calorie Burn Due to Multiple System Challenge
Symmetrical Strength & Body Development
Low Resistance & Cable Movements Prevent Injury

Format: Schedule 30 Minute Sessions 3X per Week
Learn to Execute 20+ Functional Movements
See Real Changes in One Month of Training!

Call **Frank** to Get Started – (410) 336-4216



Stop by the front desk to purchase the new Fitbook for only \$19.95. "Research shows that people who write down their goals are 75% more likely to achieve them." Fitbook is a personalized, flexible and functional fitness journal that offers a unique system to plan

for success, track your progress and reach your goals. Demand is high & supply is limited so don't delay in getting your FITBOOK today.

HAPPY VALENTINE'S DAY FROM YOUR FRIENDS AT CANTON CLUB!
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