

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

410.276.5544 • [www.cantonclub24.com](http://www.cantonclub24.com)

## KRAV MAGA SELF DEFENSE WORKSHOP

Canton Club's Jeanine Jackson will be hosting a Krav Maga Self Defense Workshop on **JANUARY 31st**. Jeanine recently moved to Baltimore from L.A. to share her passion and knowledge for Krav Maga, the official self defense mechanism of the Israeli defense forces. Krav Maga Worldwide describes this technique as a "simple, effective self defense system that emphasizes instinctive movements, practical techniques, and realistic training scenarios."

You may have seen Jeanine during her first amateur Muay Thai fight on the Oxygen Network television show "Fight Girls." Although television and sport fighting were an eye opening experience for Jeanine, it only affirmed her original attraction to Krav Maga. Self-defense is not about competition and win/loss records; Krav Maga is about going home safe. Jeanine said, "all the lights and cameras are dull in comparison to the electric feeling I get when I see the proverbial light clicks in a student's eyes, and I know the skill I just taught could eventually save that individual's life. Nothing compares."

Join Jeanine on **JANUARY 31st** from 12:30 - 2:30 pm. The cost of the 2 hour workshop is only **\$25 for members** and \$39 for nonmembers. The workshop will be offered to a limited number of participants on a first come first serve basis. Reserve your spot by signing up at the front desk.

## GROUP X

Let Group X help you meet your New Year's Resolutions!

If your New Years resolution is to:	This class is for you:
Decrease Body Fat	Cycling, CardioFlex, Bags & Bosu's, Step
Increase Lean Muscle Mass	Flex, Cardio, Core & Fusion Flex
Improve Core Strength	Yoga, Pilates, Cardio Flex
Improve Flexibility	Yoga, Pilates
Lose Weight	ALL Group X Classes

Whatever your New Year's resolutions may be, Canton Club's Group X instructors are here for you!

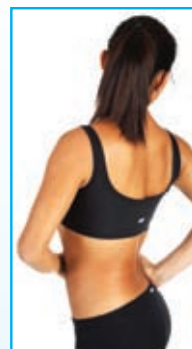
## GROUP X SNEAK PREVIEW CLASSES: FUSION FLEX & CORE FLEX

At Canton Club, any class with the word "Flex" in the name means it is a class designed to develop muscle strength, tone and endurance. This month members will have an opportunity to get a sneak preview of two classes, Fusion Flex and Core Flex. If there is member interest for these classes, they will be added to the schedule.



**Fusion Flex** will be taught by Jacki Dalsimer in Studio 3 on January 12th & 19th at 6 pm. The class will be designed to target the entire body using combination strength training moves. An example of a move you will perform in this class is the squat-curl and press. This one move will target you legs, biceps and shoulders all at once! Don't miss this premiere!

**Core Flex** will be taught by Josh Campbell in Studio 3 on January 12th & 19th at 7 pm. The class will be designed to target your core muscles. Your core muscles connect your upper torso to you legs. A strong core is very important in avoiding injuries and lower back pain. The core muscles include not only the abdominals, but also the muscles that run along your spine known as the erector spinae muscles, and the multifidus. Join Josh to target you core!



## CLUB NEWS

The Men's locker room shower renovations are complete! Again, we apologize for any inconvenience this may have caused our members.

**Canton Club**  
Health & Fitness

# Win With WEIGHT LOSS!

The kickoff for the contest will be January 5th! Twelve Canton Club members will be competing against each other for \$550! The contestants will receive 1 personal training session and 1 group training session per week for 8 weeks. In addition, they will receive daily motivational, fitness, and nutritional tips. You can track the contestants' progress on the display board in the main lobby. During the eight weeks of the program, Jacki Dalsimer and Josh Campbell, two of Canton Club's personal trainers expect to see major changes in all participants!! GOOD LUCK EVERYONE!

## NUTRITION TIP



### Sometimes it's good to feel like a nut!

Snacking is inevitable! So make it nutritious and thinning as well as yummy and fun. Think it can't be true? But it is! The next time you want to reach for chips, crackers or sweets, grab a handful of your favorite nuts. True tree nuts are loaded with great nutrients like protein and healthy oils including Omega- 3's, yet they are relatively free of carbohydrates. It takes very few carb calories to frustrate our efforts to stay lean, but moderate snacking on nuts will improve your nutrition, keep your energy level and also satisfy your hunger. Almonds, walnuts, pecans, and macadamias are all good choices. Sorry, peanuts and cashews are not true nuts, and they are loaded with carbohydrates!

## CANTON CLUB BOOT CAMP

This highly intense workout is designed to give you a great cardio session paired with callisthenic exercises. End result: FAT LOSS! Individual & Group sessions available. Contact Josh for pricing details [josh@cantonclub24.com](mailto:josh@cantonclub24.com) or call (443) 540-8989.

## FITNESS TIP



Start off the New Year with a new workout routine. You can just add a new exercise or change the order in which you do things. If you are in a rut or need an extra push to workout, get a workout partner. Having someone else doing what you're doing will help to push you to do things you may never have tried on your own. So when you're in the gym and you see someone who exercises similarly to you don't be afraid to ask if they wouldn't mind

having a workout partner. The worst thing that could happen would be you make a new friend in the gym. Hope everyone had a safe and joyous New Year. Make 2009 the year you do big things.

## 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.

## GIFT CERTIFICATES... MAKE GREAT VALENTINES DAY GIFTS!

		
TO: _____	VALUE: _____	
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**GREAT IDEA FOR MEMBERSHIPS, PERSONAL TRAINING SESSIONS, SPORTS MASSAGES, AND POLAR HEART RATE MONITORS!**

**HAVE A GREAT NEW YEAR FROM YOUR FRIENDS AT CANTON CLUB!**  
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