

cantonclub

your gym for life.



June 2010



REFER A FRIEND GIFT!

When you refer a friend to Canton Club who joins during the month of June, both you & your friend will receive a CANTON CLUB BEACH TOWEL as a gift (in addition to the \$5/month credit toward your membership dues that you receive for 12 months)



Group X News

Summer Schedule

Look on our website or pick up your copy of the summer Group X Schedule. The schedule begins Memorial Day weekend and will run through Labor Day weekend. The schedule offers a variety of classes to meet your fitness goals, i.e. improve cardiovascular fitness, increase flexibility, and/or improve muscle strength and endurance. If you are not sure which class would be best for you, ask an instructor, trainer, or front desk team member.

Mind Body Zone

Did you know Canton Club has a studio located in Lighthouse Landing? Your access card will get you into the door by the Bank of America ATM. Then proceed to the second floor to Suite 250. The Mind Body Zone is where the majority of the Yoga and Pilates classes are held. Also, for scheduling purposes the Saturday 11 a.m. Zumba class is held in this zone.

Why Should You Add Yoga & Pilates to Your Workout Regimen?

Pilates and yoga are extremely beneficial when it comes to developing lean, strong, poised bodies without giving you the "bulky muscle look." The movements can be modified to accommodate a wide range of fitness levels; from those who are advanced to those who use yoga and Pilates for rehabilitation purposes. By reducing stress levels, the classes help increase a person's overall well-being; both mentally and physically.

Class Changes for June 24 - 27

Cecilia will be hosting a Yoga Fit Workshop in the Mind Body Zone June 24 - 27. As a result, the following changes will occur.

- » Saturday, June 26th 10 a.m. Yoga will be held in the Group X/Training Zone
- » Saturday, June 26th 11 a.m. Zumba will be cancelled
- » Sunday, June 27th 10 a.m. Yoga will be cancelled

Group Training In June

2 Week Express Work It Circuit

Kick start the summer while keeping your morning workouts fresh!

WHEN: Starting June 8th, Tuesday and Thursday sessions at either 5:30 a.m. or 6:30 a.m.

WHERE: The Main Gym

TRAINER: Angie Smith

COST: \$37.50 for members
\$47.50 for non members

The cost include four amazing group training sessions. The small group atmosphere allows trainer, Angie Smith, to individualize workouts to help participants reach their goals.

Swim Clinic for Triathletes

Are you feeling confident about your run and bike portion of your next triathlon, but fear the swimming portion? JP Balfour will prepare you for your best swim ever. The four week program is designed for triathletes of all levels. Each week, JP will take you through a series of drills to improve your technique, breathing, and pace.

WHEN: Every Sunday from June 6th through June 27th at 10:15 a.m.

WHERE: The BMC Pool

TRAINER: JP Balfour

COST: \$50 for members
\$80 for non-members

If you missed the information meeting and have questions, email JP directly at swimmanflip2004@aol.com.

KRAV MAGA

Saturday's at 12:30, exclusively at Canton Club
Come see what everyone is raving about!



COME HANG OUT WITH US & TRY AIR YOGA!

Your first session is FREE*



*members only

Personal Training Specials

For those of you who have a more flexible schedule during the summer, take advantage of our "Off Peak" training specials. Monday through Fridays from 9:30 a.m. – 2:30 p.m. work with a personal trainer at a discounted rate.

One on One Sessions: 3 one hour sessions for \$150
Two People per Session: 3 one hour sessions for \$200

Stay Fit Through the Summer

Your summer schedule may be booked with social events and vacations, but that does not mean you need to neglect you health and fitness. Fitness director, Jacki Dalsimer recommends the following three ways to stay fit through the summer.

1) Workout in the Mornings: If you are finding you would rather mingle in the park, hang by the pool, attend an out door happy hour, or even just relax under a shady tree after work, then you need to go in the mornings. Morning person or not, make it happen. At the end of the day, the satisfaction of knowing you already worked out will be worth it. Canton Club offers morning group fitness classes and group trainings starting as early as 5:30 a.m. All you have to do is show up and the club's trainers will make sure you get an effective workout. This month, Angie will host a two week Express Work It Circuit for half the cost. Every Tuesday and Thursday, Angie will be sure to hold you accountable. Sign up and stay committed. No excuses.

2) Workout with Friends: It is easy to stand up the treadmill, but if you know a friend is relying on you, you will be less likely to skip your workout. You can always find someone to workout with at Canton Club. If you like to run, the Canton Runners meet out front of Canton Club every Tuesday and Thursday at 7 p.m.

3) Take Your Workout to the Pool: Canton Club's Summer Group X Schedule has three different classes at the pool. Be forewarned, these are not your stereotypical water aerobics classes. You will find yourself working up a sweat in the pool. On Saturdays at 10:15 a.m., Angie will lead you through a one of a kind **Bikini Bootcamp** incorporating strength and cardiovascular training in the water. On Sundays at 10:15 a.m., Andy brings **Aqua Zumba** to Canton Club. Shake your way to a fitter you! Thursdays at 6:30 p.m., JP will host **Aqua Power** for the third season in a row. Aqua Power is not recommended for beginners. JP's class is a high intensity water class designed to build stamina, tone, and strength train in the pool. **Pool classes are open to all Canton Club members. You do not need to be a member of the pool to attend classes.**

IT'S A GIRL!

Congratulations to Canton Club Team Members:

Brent Weigelt on the birth of his baby girl Eliza -
Born March 25, 2010

Kelly Middlebrook on the birth of her baby girl Kenzie -
Born May 17, 2010

Jacki Dalsimer on the birth of her baby girl Maura -
Born ??



\$! SPECIALS DURING JUNE!

Our neighbor (and fellow club member) at the Firehouse Coffee Company on Canton Square is exclusively offering Canton Club members, for the month of June only, the following specials, with presentation of your membership card or this newsletter:



- » **BERRY RED FROZEN YOGURT** - as little as 60 calories per serving, with some no-sugar added flavors. Canton Club members pay only \$1.00 for a regular serving.
- » **HERSHEY'S PREMIUM ICE CREAM** - This is the "Good Stuff" - Hershey's best flavors, at \$1.00 a dip for regular cones or cups.
- » **NATHAN'S HOT DOGS** - These famous all beef hot dogs are available for \$1.00 a dog to our members.



Summer Pool Membership

\$375 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).

