



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

410.276.5544 • www.cantonclub24.com

MARCH MADNESS UNLEASH YOUR INNER ATHLETE IN 2009 WITH THE HELP OF GROUP X



New Classes this Month

Tuesday	8 am	Pilates with Cecilia
Thursday	5:30 am	Flex Class with Krissy
Friday	8 am	Cycling with Josh
Saturday	11 am	Cardio Flex with Josh
Sunday	11 am	Cycling with Jacki

Special Classes

Saturday, March 7th—12:30-4:30 pm Advanced Krav Maga Workshop for registered participants only.

Friday, March 13th—4:30 pm Get a taste of Group X at the "Sampler Style Happy Hour" in studio 2. Join Heather for a high intensity one of a kind hour long class combining Pilates, Cardio Flex & Bags & Bosu's! Gloves not required.

Saturday, March 21st—YOGA OPEN HOUSE

10 am with Cecilia
12 pm with Vanessa
Free for members and \$5 for friends of members!

lululemon athletica

Saturday, March 21st—9 am-2 pm
Canton Club is hosting a lululemon athletica trunk sale! If you have never heard of lululemon athletica, it is quality and fashionable athletic attire! The sale will be paired with Canton Club's Open House Yoga day!

ARE YOU URBAN CHIC?

Canton Club paired up With Urban Chic! Your Canton Club membership card now entitles you to 15% off at Urban Chic! All you have to do is show your card!

RUNNING CLUB

Running Club Blog

If you are preparing for a half marathon, visit the club's website at www.cantonclub24.com and follow the link for the running club blog. The blog highlights running routes beginning at Canton Club.

Upcoming Races

Shamrock 5k

Sunday March 17th at 1:15 pm
Begins at Charles and Franklin St.
Register online at www.irishparade.net/shamrockrun.htm

Race for the Future

Saturday, April 4th at 9 am
Begins at Du Burns Arena
Register online at www.charmcityrun.com

WIN WITH WEIGHT LOSS

The first Win With Weight Loss Contest of 2009 was a success! Everyone finished the contest a winner. Special congratulations are in order for

1st Place Winner: Tracy Gill who lost 11.4% of her starting weight

2nd Place Winner: Heath Bebout who lost 9.35% of his starting weight

3rd Place Winner: Rhonda Bebout who lost 8.33% of her starting weight

The next Win with Weight Loss is in the making! The prizes are guaranteed to help you create a new you for your new look. The contest will begin April 13th 2009. Stay tuned for contest details which will be highlighted in the April newsletter!



Canton Club
Health & Fitness

PERSONAL TRAINING OPTIONS

Are you thinking about personal training? Are you curious about the cost of training sessions? Did you know the club not only offers private training sessions but also offers semi-private and group training sessions? Have you heard about the "Express Training Sessions?" Below is a menu about the club's personal training options. For more specific program details, feel free to ask a trainer!

Cost of Programs

Private Sessions

\$60 training session

Semi-Private

\$40 per person for two people

\$30 per person for three people

Group Training

\$15 per person for groups of four to six people

\$10 per person for groups of seven to ten people

Express Training

Programs designed to be completed in 30 minutes per session for half the cost of regular training sessions.

MARCH IS TOWEL AMNESTY MONTH!



Please bring back any towels that might have mistakenly escaped from the gym. Nobody is going to get upset. We are just hoping to keep our costs down

so we can keep your membership dues down. THANK YOU IN ADVANCE!

CLUB NEWS

In March, Canton Club will be changing its management software and 3rd party billing provider to Fiserve Club Solutions. Please be patient with our staff while we learn to bring our systems up to date in order to better serve our members.

HAPPY HOUR FOR CANTON CLUB MEMBERS AND THEIR GUESTS

Friday March 6th @ 5 pm at the NEW Meridian 54 (Montford & Boston Street) Free Appetizers & Drink Specials

Find us on facebook!

Join the group Canton Club Health & Fitness



CANTON CLUB'S SUCCESS STORY

Heath Bebout

Weight Loss to date: 100 pounds!



That was then...

"I have been big from the day I was born. In December of 2007, at age 36 I was approaching 400 lbs!! I can't tell you exactly how much I weighed because none of the scales at the gym, at my house, or even my doctor's office were scaled high enough to weigh me."

How Heath Shed the Pounds

Being committed "100 percent to training and 100 percent to a diet"

After 8 months of training at the gym three to four times per week and not losing a pound Heath hired his first personal trainer, Teresa Barnes. Teresa taught Heath how to lift weights effectively and got him running. Teresa started Heath slow, with running and walking intervals, gradually building up the time spent running and decreasing the time spent walking. Heath thought he was pushing himself on his own but discovered he burned 25 percent more calories when working with a trainer. Heath is now making even more progress with his most recent trainer Josh Campbell. Josh is pushing him to new limits every week.

Latest Accomplishments

- Ran a 5k
- Survived a boot camp class with Jacki where he climbed 64 flights of stairs
- Lost 28 more pounds through the most recent Win with Weight Loss Competition to take 2nd place
- A regular in Canton Club's Group X Classes

Guilty Pleasures

One cheat day per week where I enjoy fried food!

This is now...



"It is a slow process but I am on board for the long haul. People always ask me what my goal is. I do have a goal to reach 250 lbs by mid 2009...but I no longer think about that goal. I know I will reach and surpass that goal, not because I am on a diet and training until I lose that weight, but because I have made a life change. I work out, I eat right and that will not stop even when I hit 250, 225, or 200. I could not have done it without the support of my wife Rhonda, my personal trainers, and Canton Club in general!"

-Heath Bebout

HAPPY ST. PATRICK'S DAY FROM YOUR FRIENDS AT CANTON CLUB!
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