

Fitness 411

Canton Club Information & Member News

Jan | 2012

CantonClub24.com

New Year, New You!

RESOLUTION #1 Get Fit

Canton Club's talented group of instructors and trainers design effective and efficient workouts so you can make the most of your gym time. To be truly fit you need to **focus on three main areas; cardiovascular fitness, muscle strength and endurance, and flexibility.** To help you choose a program, Fitness Director Jacki Dalsimer has categorized the classes/training offered at Canton Club based on these areas of fitness. Use this as a reference when planning your next visit:

CARDIOVASCULAR FITNESS

Group X: Cycling, CardioFlex, Fusion Flex, Zumba, Heavy Bags, Heavy Bag Bootcamp, Bootcamp, Step, Jump and Pump

Group Trainings: FitWall

Elite Programs: Boxing 101, FitWall Circuit

MUSCLE STRENGTH AND ENDURANCE

Group X: Flex, PowerFlex, CardioFlex, Fusion Flex, PowerYoga, Obstacle Course Training, Bootcamp, Pilates, Barre Fusion, Step, Jump and Pump

Group Trainings: Kettlebell: Pure Strength, TRX, FitWall, X-Fit

Elite Programs: XPF, Boxing 101, FitWall Circuit

FLEXIBILITY

Group X: Yoga

Group Trainings: Air Yoga for the Stiff, Air Yoga

RESOLUTION #2 Lose Weight

If your New Year's resolution is to lose weight, your plan needs to include diet and exercise. Trainer Jacki Dalsimer is available to counsel you on proper nutrition so you lose body fat while gaining lean muscle mass. Call or stop by the Club for more info.

Cost: \$75 for the first two visits. Visit one is the initial consultation. Visit two is the actual diet plan. To maximize your results, it is recommended you meet with Jacki every two weeks. Each additional visit is \$30 per session.

RESOLUTION #3 Tone Up and Get Better Abs

Change your body composition by decreasing body fat and increasing lean muscle mass! Train out of your comfort zone while eating a proper diet, and use the Bod Pod on **January 16th** or **March 13th** to track your progress.



Get on track and stay there for a better you in 2012!

RESOLUTION #4 Run Your Best (or 1st) Half Marathon

Running a half marathon is not easy, and training for one by yourself gets boring. To help you stay motivated, Canton Club offers at least two half marathon trainings per year.

Training begins January 21st for the **March 17th** Rock and Roll Half Marathon in Washington, DC and includes:

- 9 Weeks of Training
- Speed and/or hill training every Tuesday
- Long Runs on Saturday mornings
- Water/Gatorade is supplied

Contact trainer Angie Smith for details.

Cost: \$125

Runs will be held rain, snow, sleet or shine!

Contact trainer
Angie Smith at
steveang24@hotmail.com
for details.

RESOLUTION #5 Cut Back on Sugar

Join the Survivor No Sweets Challenge – cost is FREE!

To participate, sign up at the front desk by **January 8th**. All names will be displayed on a bulletin board by the front desk. When you crack, you do the 90-minute treadmill "Walk of Shame."

See if you can go longer than trainer Jacki Dalsimer who is a closet SUGAR ADDICT! Call or stop by the Club for a list of forbidden foods today!

Winner Gets
1 FREE Month
of Dues!

cantonclub
your gym for life. 410.276.5544



Have you Registered Your Child?

There are only a few more spots for day care open at the **\$25** monthly rate – if you are interested, please register as soon as possible. The rate will increase to \$30 in the future.

Canton Cubs will be closed New Year's Eve and New Year's Day.

GROUP X NEWS

New Classes

Step, Jump, and Pump

The class is back by demand! It gives those who miss the traditional step classes a taste of step, but includes light plyometrics and strength training. The class is for all levels and improves cardiovascular and muscle endurance.

When: Monday at 7pm

Instructor: Jacki Dalsimer



Zumba

Improve your cardiovascular endurance through dance!

When: Tuesday at 5pm; Wednesday at 12:30pm;

New time added! Thursday at 6pm

Where: Mind/Body Zone | **Instructor:** Chinara Bruce



ELITE PROGRAMS

XPF

What is XPF?

XPF stands for EXTREME PERSONAL FITNESS. XPF is an intense workout regimen derived from specifically designed workouts choreographed to target all the fundamentals of fitness. (Cardiovascular health, flexibility, power, agility, and muscle strength and endurance)

Sessions include:

- Cardio primer
- Core power
- Push Pull (chest and back)
- Plyometrix
- Bicep, Triceps and Shoulders
- Back and Legs
- Shoulders, Chest and Triceps
- Self Defense
- Back and Biceps



Who Should Try XPF?

Anyone who:

- Is ready to make a commitment, to be disciplined, and is dedicated to achieving their goals
- Has hit a plateau in the current workout program,
- Wants a personal trainer but cannot afford the cost of personal training
- Wants a P90X like workout but needs the motivation of a personal trainer

Why XPF 12?

XPF will take you out of your comfort zone, creating muscle confusion while improving cardiovascular health, flexibility, power and agility so you get results. Not one workout is the same yet together, they have the power to metamorphosize your body.

Space is limited to five participants! Before signing up, you must demonstrate a moderate base fitness level. Contact Jacki Dalsimer to complete a fitness assessment before signing up.

Cost: \$240 for 12 sessions

When: Start date will be based on participant availability.

GROUP TRAINING

Upgrade to the Cutting Edge Membership for only **\$89/month**, approximate **\$6 more per week**.

Cut out a mocha latte and Orange Crush a week and enjoy the benefits of this membership instead.

Canton Club's Cutting Edge Membership allows you to receive **UNLIMITED:**

TRX | X-Fit | Air Yoga | FitWall | Pure Strength

Why Group Trainings?

- Affordable personal training
- Small group sizes, ensuring our experienced trainer can offer one-to-one attention focused on making sure your form is safe and correct.
- Quality workouts in less time than traditional methods
- Trainings incorporate the latest research developments in exercise science

New Group Trainings This Month:

FitWall | Sunday 9-9:30am

Kettlebell Pure Strength | Sunday 9:30-10:30am

Both classes led by
Trainer Patrick Furlow

Bod Pod

The Bod Pod will be coming to Canton Club **January 16th** from 4pm – 7pm.

Interested in learning about your body composition, how much of your body is fat free mass? Do you know how many calories per day "your" body needs to maintain, increase muscle mass, or lose weight? The BOD POD is the safest and most subject-friendly of all methods used to assess body composition. There are none of the risks associated with underwater submersion, no x-rays, no electrical current, and no pinching. During testing, the subject just sits comfortably inside the BOD POD, yielding reinforcing and detailed test results complete with graphs providing information vital to/for an effective fitness program and the proper monitoring of that program.

Cost: \$45

Sign up at the front desk. Space is limited.



Boxing 101

Change starts here: burn 600 – 800 calories in one hour!

Incorporating boxing drills and techniques with continuous movement participants develop cardiovascular fitness, agility, strength, power while building endurance and functional fitness. Boxing is exercise that focuses on your physical, mental and emotional health.

When: Every Saturday at 10am

Cost: Members: \$25 per session, **\$79** for four sessions or **\$200** for 10 sessions | **Non-Members: \$35** per session

Personal Training

Canton Club's personal training sessions are very affordable!

One Hour Session: **\$60** One Half Hour Session: **\$45**

Buy 6 sessions and get one free.

Buy 10 sessions and get two free.