



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

410.276.5544 • www.cantonclub24.com

THE POWER OF GROUP X

Group X is here to help you reach your fitness goals for FREE as part of your monthly membership dues! Here's what our members have to say in regards to Group X:



FLEX CLASSES

"I never really knew what to do when lifting weights, so I tried the Flex classes and for the first time in my life I see muscle tone"

"After fusion flex, my cardio AND strength training are done for the day!"

"The high reps of flex class have improved my strength training in the gym"

CYCLING

"I get really bored on the machines and often give up before my 60 minute goal but never quit in a cycling class"

"Cycling provides me with an excellent low impact workout"

YOGA

"My body feels so tight from all the exercise I do and yoga loosens me up!"

"I had a lot of back pain until I started taking yoga once a week, just once a week."

"Since I have started taking yoga, my running has improved. My legs just don't feel as heavy."

"Some days I just need to unwind"

BAGS & BOSU'S/TURBO KICK

"If I want to relieve stress, I just punch away on the bags."

"I never knew I would get an abdominal workout from the class"

"Who knew working out could be so much fun and empowering"

ZUMBA

"I can not do the moves like her but I have fun trying and get a great workout"

"I leave early from work just to get to Zumba every week"

"Time flies and sweat pours while dancing away"

"I absolutely love it!"

300 CHALLENGE

You have been training all summer long. Now it is time to put your training to the test. For those of you, who completed the 300 challenge in June, sign up today to redo the challenge and see how much your time has improved. If you missed the first round of the 300 challenge, you can still see how you rank among Canton Club's athletes.



Prizes will be awarded to

- the most improved male and female
- the fastest male and female

Sign up at the front table in the gym lobby to reserve a time slot on August 16th or August 23rd. The contest is FREE and open to all members!

YOGA FOR ATHLETES



WHEN: August 4th, 2009

TIME: 6:30-8:00 p.m.

WHERE: Canton Club's group training studio overlooking the water at the BMC Pool

INSTRUCTED BY: Vanessa

COST: \$15.00

Physical Benefits for Athletes:

- Prevents injuries
- Promotes muscular symmetry
- Speeds up recovery
- Lengthens muscles
- Increases flexibility
- Increases core body strength
- Improves balance
- Alleviates back pain
- Relaxes the body
- Raises energy level
- Improves oxygen intake



SPINNERS FOR DINNERS

Mark your calendars for the **2nd Annual Spinners for Dinners on November 6-7th!**

Canton Club Health and Fitness is hosting the **2nd Annual 24 Hour "Spinners for Dinners" Fundraiser.**

All proceeds will go to support the Bea Gaddy Family Centers Inc. Thanksgiving Day Dinner. This event has taken place for the last 28 years, with the last five years being in Patterson Park. Bea Gaddy volunteers serve in excess of 40,000 meals on Thanksgiving Day alone. Currently, donations are down, and demand is up. This year, there are more families in need.

The 1st Annual "Spinners for Dinners" event:

- had over 300 participants
- raised over \$12,000 for the Bea Gaddy Family Center
- drew the attention of Fox 45, WMAR, WBAL, and WJZ
- was recognized in The Baltimore Sun

Canton Club is currently seeking sponsors for the event. Your business can sponsor the event in one of the following ways:

Corporate Sponsors: For \$200 you will be named a corporate sponsor for the event. Your company logo will appear on the event t-shirts, brochures, banners, website, and your company will be recognized whenever possible in news stories. *(limited to 20 companies to maximize publicity)*

Event Sponsor: By donating gift certificates and/or products representing your company, your company will be recognized as an event sponsor. Event sponsors will be recognized in event brochures, on the website, and the company name will be displayed during the event.

If you are interested in sponsoring the event, please contact the event coordinator Jacki Dalsimer at jacki.irie1@gmail.com.

Bea Gaddy Family Center Fundraiser Kick Off: 5K and Happy Hour – Sunday, August 30th

The Kick Off begins with a 5K race in the park! If you have never completed a 5K or you just want to run a 5k for time, join Jacki for an organized **5K on Sunday, August 30th at 10 am**. The cost of the race is only \$10 and all proceeds will go to the Bea Gaddy Family Center. Prizes will be awarded to the top male and female finishers.

After the race, we will meet at Craven's Cabana for Happy Hour beginning around 11:30 a.m.! Awards will be presented during the happy hour. If you don't want to run, join the fun at the Happy Hour!

Interested participants should sign up at the front desk. Details for 5k participants will be emailed to those who sign up.

CANTON CLUB 24HR
Spinners
for
DINNERS



MARATHON TRAINING



Questions & Answers, Do's and Don't Workshop

WHEN: Wednesday, August 11th, 7 p.m.
or Saturday, August 22nd at 11 a.m.

WHERE: Studio 2

If you are training for a full marathon and would like some tips or have questions, join Alex Lord-Flynn for a FREE workshop. Alex is sponsored by GU and Brooks and has completed several marathons. Alex's knowledge and enthusiasm for training and racing is amazing. Alex plans to cover the following topics:

- Training Tips
- Race Day
- Post Race Recovery

CLUB NEWS

Canton Club now has a Member Services Website just for you: www.yourclub.net/cantonclub

At this website you can:

- Change your address, phone #, email address
- Update your billing information
- Look up your payment history
- Workout Tracking (COMING SOON!)
- Loyalty Points (COMING SOON!)

User name: Access card # (1st 5 digits)

Password: If you haven't already received a password, call the club (410-276-5544) (you can change your password once you log on)

YOUR FRIENDS AT CANTON CLUB HOPE YOU ARE ENJOYING YOUR SUMMER
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