



JULY 2009
A NEW VIEW ON FITNESS!

410.276.5544 • www.cantonclub24.com



300 CHALLENGE

The Group X instructors are here to help you improve your 300 challenge time. This month instructors will be incorporating the exercises from the 300 challenge into their class routines as well as designing classes geared towards improving your strength and endurance for your second go round of the 300 challenge in August.

Recommended classes to improve strength and endurance:

- Aqua Power
- CardioFlex
- FusionFlex
- Flex
- BootCamp

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)

Holiday Weekend Class Schedule

July 3rd: 5:30 am Cycling
8 am Cycling

July 4th: 8:30 am BIATHLON

July 5th: Regular Classes Resume

THE POWER OF GROUP X



Have you ever entered the club not really knowing what you will do for your workout, just knowing you need to do something? You think to yourself, I have about an hour to get in my workout for the day. Should I run on the treadmill, lift some weights, climb the steps of the stairmaster, or gaze over the water while sweating on the Arc Trainer? You want to make the most of your hour. This is the time you set aside for you, for you to reach your fitness goals and you need to maximize your time. If this is you, you owe it to yourself to plan your workout schedule around Group X classes.

Canton Club guarantees you will get a time effective and efficient workout with Group X! Whether you are looking for cardio, strength training, or a mind body experience, Group X has something for you. Pick up your copy of the July schedule today.

Independence Day Biathlon



Jacki will host the first Canton Club Biathlon!

Beginning at 8:30 am in the cycling studio, Jacki will guide you through winding roads, steep hills, fast sprints and rolling hills for 75 minutes.

At 9:45 am, participants will hop off their bikes and head out for a loop around Patterson Park and back! Water will be provided at the finish line for all those who complete the Biathlon.

NEW CLASSES THIS MONTH

Tuesdays at 5:30 am - Boot Camp with Nancy

Canton Club
Health & Fitness

GROUP TRAINING SESSIONS NOW FORMING

Extreme Outdoor Boot Camp

Begins Monday July 13th at 6 pm and will run for four consecutive Mondays.

Extreme Outdoor Boot Camp is for the intermediate to advanced exerciser. The group training sessions are designed for those who want to take their fitness to the next level. High intensity drills, combining cardio and strength training moves, will be the basis of these group training sessions. If you have taken the 300 challenge, these group trainings will help improve your times. The sessions will be outdoors and will always begin and end by the main entrance. In the event of extreme weather conditions, there will be makeup dates.

Cost: \$60 for the 4 sessions • Trainer: Jacki
Limited to 8 participants

Strength Training For Runners

Begins Wednesday, July 8th at 6:30 pm and will run for four consecutive Wednesdays.

Strength training for runners is a group training session designed to train you how to lift weights to compliment and enhance your running whether you are a recreational runner or a competitive runner. Strength training for runners will: Reduce the risk of injury by strengthening muscles surrounding your hips and knees and increase leg strength to improve your running efficiency and allow you to recover faster after runs

Cost: \$60 for the 4 sessions • Trainer: Jacki
Limited to 6 participants

RUNNING CLUB NEWS

If you live in Baltimore, you know the impact the Baltimore Running Festival has on the roads. So if you "can't beat them, you might as well join them"! This year the Baltimore Running Festival race day is October 10th. You can choose to participate in the marathon, half marathon, team relay, or 5k. The choice is yours!

If you are interested in training for the half marathon, please join Melissa and Jacki on Monday, July 6th for an introductory informational meeting about training. Canton Club will be forming its second half marathon training group. Training will begin Saturday, July 18th. If you can not attend the meeting and are interested in training with Canton Club for the half marathon, contact Jacki at jacki.irie1@gmail.com

Don't forget, Canton Club's FREE Running Club meets every Tuesday and Thursday at 7 pm in front of the main gym for evening runs.



Join Team Canton Club for The Great Prostate Cancer Challenge 5K Race

Join team Canton Club on Saturday, September 26 at 8am for the Great Prostate Cancer Challenge 5K Run. Proceeds from the event will be used to support Zero - the Project to End Prostate Cancer. Canton Club is forming a team of 20 people and we are currently halfway to our goal! Runners and walkers of all fitness levels are welcome. Friends and family are welcome. Stop by the front desk for an application form or email Melissa.Macefe@gmail.com. Happy Running!"

MEMBER SPOTLIGHT



Angie Smith : Weight Loss to date: 42 pounds!

Angie had back surgery 1/17/08 and was mortified when they weighed her in at 189. She just started to get motivated again 2 months after surgery then she sprained her ankle badly on 3/29/08. Angie started working out at the end of April 2008 as part of the "Team Up, Slim Down" competition at Canton Club with a boot on her foot.

How Angie Shed the Pounds

Angie is quite the regular in group fitness classes. "I work out or run everyday but Sundays or Mondays, on those days I walk. I'm not really into the "gym" thing lifting weights, so I do group training, Flex, cycling, Fusion Flex and Yoyalates. I look forward to all these classes and I recommend them. If I don't work out or run I feel guilty - it's very addicting. LOVE IT!"

Angie has cut her meal portions in half, is eating healthier food and has made water her beverage of choice! Angie stated, "I keep track of my caloric intake everyday, if not I get off track and consume too many calories, my intake is on average 1660 a day, I started at 1500. I increased it a little when I starting running because I was so hungry all the time."

Along the way Angie has been inspired by her parents and husband Steve, Personal Trainer and Group X instructor Jacki, running coach and group X instructor Melissa Macefe, as well as all the people she has met at Canton Club who accomplished their own goals.

Latest Accomplishments

- Running 5k's • Part of Canton Club's Running Club
- Completed the Maryland Half Marathon in under 2 hours

Guilty Pleasures

"I have to have my glass of wine"

"I went from a tight size 14 to a comfortable size 8...I have lost five inches from my chest, nine and a half from my waist and four and a half off my hips!"

Angie is going to keep running! She plans to "improve her half marathon and 5k times and attack steep hills without feeling like she is going to die." Angie is determined to keep the weight off FOREVER.

HAPPY 4TH OF JULY FROM YOUR FRIENDS AT CANTON CLUB!
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