

cantonclub

your gym for life.



July 2010



Group Training in July

Work It Circuit

Starting, Tuesday, July 13th
4 Weeks, 8 Group Training Sessions

WHEN: Tuesdays and Thursdays
Sessions at either 5:30 a.m.
or 6:30 a.m.

TRAINER: Angie Smith

COST: \$75



Each workout is individualized with the participants in mind. The goal of the program is to help participants achieve individual fitness goals. Call or stop by the front desk to register.

Win With Weightloss – Express Fit Camp

The Results are Official

1ST PLACE: Chris Kintzel – 7.29% weight loss
2ND PLACE: Rebecca Favorite – 6.18% weight loss
3RD PLACE: Erik Cannon – 5.65% weight loss

Air Yoga



COME HANG OUT
WITH US &
TRY AIR YOGA!

Your first
session is **FREE***



*members only

TRX



If you like to lift weights for strength...
and reach new levels give trx a try.
Remember, your 1st Class is FREE!

"On the road I use Fitness Anywhere's TRX, a total resistance suspension trainer. You can use it anywhere - strap it to a pole, behind the door and use it to work every part of your body: balance, speed, agility, core strength, shoulder and leg strength and power. I train with it every day." – Drew Brees, *Men's Journal Magazine*

"When they told me it was invented by a Navy SEAL, I knew it would be cool...It's just your body weight working against gravity, so you won't get injured. Now my wife uses one at home, and I'm addicted..." – Drew Brees, *Sports Illustrated*

KRAV MAGA



Jennifer Lopez trained in Krav Maga in order to do her scenes in the film "Enough". Angelina Jolie learned her techniques for the film "Tomb Raider". Actress Hillary Swank who had a martial arts role in the film "The Next Karate Kid", and played a boxer in "Million Dollar Baby" trains in Krav Maga because, she says, it is a great way to stay fit and she loves it, "You punch, you kick, you also learn how to get out of a choke hold. I love, love it."

Countless others have trained in Krav Maga for fitness, weight loss, personal safety and empowerment. Canton Club hosts Krav Maga classes on Saturday's at 12:30 pm. Come see what all the hype is about!

Swim Clinic for Triathletes

Starting, Sunday, July 11th
6 Weeks, 6 Sessions

WHEN: Sundays at 10:15 a.m.

TRAINER: JP Balfour

COST: \$75

Each workout is designed to take the skills already possessed by each participant and making them better. Each session will include a portion in which swimming and breathing techniques are taught, as well as drills designed to improve these techniques. The goal of the program is to help participants improve their swimming technique to make them more confident during the swimming portion of their next triathlon. **Participants should have a basic swimming foundation. Please register by July 8th.**

Personal Training

Canton Club welcomes BECKY WORLEY to the Personal Training team!



Becky recently moved to Baltimore. She has a variety of experience as an assistant to a high school athletic director, a soccer coach, a wellness coach as well as being an experienced personal trainer. Becky enjoys getting to know her clients and helping them reach their exercise goals. She has loved playing and coaching soccer for the past 19 years and plans on staying in the fitness

world for many years to come! Her favorite exercises are anything involving the abdominals!

We look forward to having her work with us to help Canton Club's members achieve their fitness goals. Contact her at Rebekah.Worley@yahoo.com

Group X News

Fourth of July Group X

All regularly scheduled classes will be cancelled on July 4th. For those of you interested in burning calories before heading out for the festivities, Canton Club will offer two special classes.

90 Minute Independence Day Cycling

Instructed by Roy. Starting at 9:30 a.m. in the Cycling Zone

Heavy Bag Boot Camp

Instructed by Kristy. Starting at 10:00 a.m. in the Group X/ Training Zone

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 ??

Congratulations!

Congratulations to **LOREDANA PETRUCCI** on her June Wedding!

Refer a Friend Gift!

When you refer a friend to Canton Club who joins during the month of July, 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)



Race For The Cure – Join Team Canton Club

Susan G. Komen Race For The Cure Maryland 5K Run/Fitness Walk

WHEN: Sunday, October 3rd

WHERE: Hunt Valley

COST: \$35

Register online at:

<http://www.komenmd.org/2010/cantonclub>

If Team Canton Club gets 10 team members, we will provide Canton Club specific Race Shirts.



Spinners for Dinners – 2010

November 5th-6th

Canton Club will host it's 3rd Annual Spinners for Dinners Event. Feeding Thousands through the Bea Gaddy Family Center

- 24 HOURS
- 24 CONSECUTIVE CYCLING CLASSES

More details to come!

CANTON CLUB 24HR
**Spinners
for
Dinners**
Feeding thousands through
BEA GADDY Family Centers

