



September 2009



CLUB NEWS

Hopefully you have noticed, there seems to be a new look associated with Canton Club's name. We are constantly trying to redefine ourselves to best describe who we are, what we do, and where we are going. With our new look we wish to convey that we are a boutique health and fitness center dedicated to improving the quality of life for our members.

We strive to provide an atmosphere that is friendly, tidy and conducive to a great workout. As we move forward we will continue to upgrade the usefulness of our space and add to the variety of new fitness options in order to help you better achieve your fitness life goals. Watch for changes, new classes and new fitness experiences that will fulfill making Canton Club your gym for life!

COMING SOON:

CYCLING STUDIO EXPANSION We have expanded our cycling room and ordered more Spin bikes in order to accommodate the growing demand for our exciting array of cycling classes.

TRX Our Personal Trainers have been trained in order to bring our members the new TRX Suspension Trainer. TRX will help you:

- **IMPROVE STRENGTH**
- **DEVELOP CORE STABILITY**
- **GET AN EFFECTIVE TOTAL BODY WORKOUT**

Ask any one of our Personal Trainers to show you this amazing new workout! Coming soon... Group TRX Classes!

BACK BY POPULAR DEMAND: MONDAY, SEPTEMBER 7TH LABOR DAY BIATHLON



Canton Club's first biathlon was a huge success leaving members asking, "When are we going to have another biathlon?" You asked for it, Canton Club delivers. Beginning at 8:30 a.m., in the cycling studio, Erin will start the cycling portion. At 9:45 a.m. participants will be led on a 5k loop in Canton!

NOTE: September 7th all regularly scheduled classes will be cancelled. Class schedules will be normal on September 5th and 6th .

GROUP X IS HERE TO HELP YOU ACHIEVE OPTIMUM PHYSICAL FITNESS

According to the American Council of Exercise (ACE), optimal physical fitness can be defined as "the condition resulting from a lifestyle that leads to a development of an optimal level of cardiovascular endurance, muscular strength and flexibility, as well as the achievement and maintenance of ideal body weight". If you strive to achieve optimum physical fitness, group X can help you achieve your this goal.



Make a point to attend at least one class per week from each of the three categories below to achieve this goal.

Cardiovascular Endurance

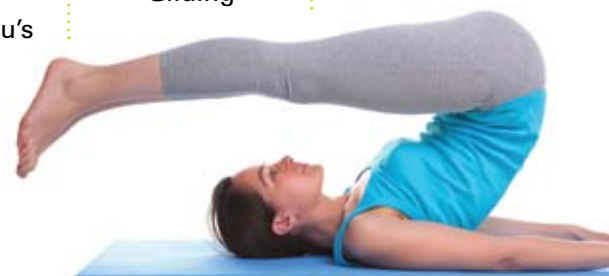
Cycling
Boot Camp
Rock UR Skinnies
Cardio Flex
Gliding
Bags & Bosu's
Zumba

Muscular Strength

Flex
Fusion Flex
Cardio Flex
Rock UR Skinnies
Gliding

Flexibility

Yoga
Pilates
PowerYoga
Yoga-Lates



WIN WITH WEIGHT LOSS: HOLIDAY SPECIAL!

Head into the holidays with CONFIDENCE and POISE! Canton Club is excited to announce its **4th Win with Weight Loss Competition** to keep you focused through the holiday season and to head into 2010 feeling your absolute best!



KICK OFF: Monday, September 28th at 7 p.m.

FINALE: Monday, November 23rd at 7 p.m.

Participants will receive:

- 8 Personal Training Sessions
- 8 Group Training Sessions
- Daily Blog with Motivational and Nutritional Tips

Winners:

- 1st Place: \$300 and 2 Express TRX® Training Sessions
 - 2nd Place: \$175 and 1 Express TRX® Training Sessions
 - 3rd Place: \$75
- (Based on Percentage of Weight Loss)*

The competition is open to all members who have eight or more sessions with a personal trainer. If you do not have eight sessions, you can purchase them at the front desk for \$480 and receive one free session or you can purchase 10 sessions for \$600 and receive two free sessions. Once you have 8 sessions with a trainer, register for the competition at the front desk or online. Note: There is a \$30 registration fee.

NATIONAL YOGA MONTH

September is **National Yoga Month**. Canton Club is joining the campaign to educate and inspire members and the community to take responsibility for their health by focusing on prevention and living a healthy lifestyle.

Yoga Month provides the perfect opportunity to create positive lifestyle changes for yourself, your friends, and your family. Invite your friends and family to join you for one of the following special yoga class free to members and non members on behalf of National Yoga Month.

Yoga for Beginners

Monday, September 7th and 21st at 6 p.m. in Studio 3
Instructed by Cecelia

Prenatal Yogalates

Monday, September 14th and 28th at 6 p.m. in Studio 3
Instructed by Cecelia

Yoga for All

September 20th at 11:30 a.m. for a 90 minute class in Studio 2
Instructed by Vanessa

HOT NEW CLASS THIS MONTH: ROCK UR SKINNIES

Wednesday at 7 p.m., join Angie and Jacki for Canton Club's hottest new class, **Rock UR Skinnies!** **Rock UR Skinnies** is a class designed to help you feel confident in your skinny jeans. While keeping your heart rate in your cardiovascular endurance zone, the class will target your core and legs. This class is not for girls only!

RISE AND SHINE!

5:30 A.M., 6 A.M., 8 A.M. CLASSES GALORE

People who work out in the mornings are more likely to stick to an exercise routine. After a long day of work, it is very easy to find an excuse not to hit the gym. Canton Club offers a variety of 5:30 a.m. classes. If 5:30 a.m. is just a little too early, this month Nancy will be teaching a 6 a.m. cycling class before heading to work. For those of you who do not need to be at work early, there are classes most days of the week at 8 a.m.

HIP HOP SPECIAL

SEPTEMBER 19TH AT 11 A.M.

Kristy is back with the hottest dance trends to keep you moving, smiling and burning calories. Kristy breaks down each move to create ultimate hip hop routines. Show up, move to the groove, shake and let go!

NEW CLASSES THIS MONTH

Wednesday: 6 a.m. Cycling w/ Nancy

Wednesday: 7 p.m. Rock UR Skinnies w/ Angie & Jacki

Friday: 9 a.m. Flex

RUNNING CLUB NEWS

Running club shirts have arrived.

Shirts with the Run Happy design are available at the front desk for \$25 while they last!

[Join Team Canton Club for the Upcoming Races Below](#)

The Great Prostate Cancer 5k September 26th

The Race for the Cure October 18th

Online: komenmd.kintera.org/2009/cantonclub

CANTON CLUB INVITES MEMBERS AND THEIR GUESTS TO ENJOY HAPPY HOUR @ TALARA

615 S. President Street

Thursday, September 17th 4-7 p.m.

Free Appetizers & Drink Specials!

