

cantonclub
your gym for life.

September 2010



During the month of September, when you refer a new 1 year member to Canton Club, members will receive \$100 in Gym Bucks that can be used toward membership dues or services including Personal Training and Group Training classes.

Group Training in September

FitWall™ Schedule

FitWall™ Group Trainings have been added to the schedule. Your 1st training is on the house! Sign up at the front desk.

Mondays at 12:30 p.m.
Tuesdays at 7:30 a.m. and
Tuesdays at 7:00 p.m.
Wednesdays at 6:00 a.m.
Thursdays at 5:00 p.m.
Sundays at 9:00 a.m.



Cutting Edge Membership

Enjoy Canton Club's cutting edge programs implementing the latest findings in exercise science. Upgrade your membership to the "Cutting Edge Membership" for a total of only \$99 per month and **receive unlimited AirYoga, FitWall™, and TRX** group trainings.

**Fall Into Fitness Special:
Six 30 minute sessions with
a personal trainer for \$199**

Fall Into Fitness FITCAMP



Has your workout regimen been less than ideal this summer? Are you struggling to stick to your diet? Are you ready to achieve your goals? The four week FitCamp is for anyone serious about getting results.

ADDED BONUS! Each participant will get a free consultation with Dr. Martin Passen. Dr. Passen runs The Center for Medical Weightloss in Owings Mills. Dr. Passen will calculate each participants body fat, Body Mass Index (BMI), and Basal Metabolic Rate (BMR). Knowing and understanding these values will help participants set and achieve goals. Dr. Passen will make sure you understand the importance and implications of these three values.

WHEN: September 7th – October 2nd

DETAILS: Each participant will work one on one with a trainer. The trainer will track participant's progress on a weekly basis, offer nutritional guidance and tips, and monitor the participant's exercise regimen.

Participants receive 12 group trainings during the 4 week period.

Training Times:

- Sundays 12:30 p.m. with Patrick
- Tuesdays 7:30 p.m. with Kristy
- Wednesdays 5 p.m. with Angie
- Thursdays 6 p.m. with Becky or Patrick
- Saturdays 11:15 a.m. with Becky
- Last Chance Workout October 1st at 6 p.m.: Lead by Jacki! 90 minute workout all trainers are encouraged to be present.

Prizes will be awarded to the top three participants based on percentage of weight loss

1st Place: Six Personal Training Sessions \$360 Value
2nd Place: Three Personal Training Sessions \$180 Value
3rd Place: 10 Group Training Sessions \$90 Value

COST: \$200 for members, \$260 for non members, and \$40 for premium coaching members.

For more details contact Jacki at jacki.irie1@gmail.com

Personal Training

Tanita Body Composition Analyzer Coming to Canton Club

WHEN: Tuesday, September 7th 5-8 p.m.

WHO WILL BENEFIT: Anyone trying to achieve fitness goals will benefit! If you are looking to decrease body fat, don't miss out on this opportunity to learn more about what is happening inside your body!

COST: \$20

Dr. Marty Passen will be coming to Canton Club with a Tanita Body Composition Analyzer. Cleared by the FDA, the analyzer provides important information about what is happening inside our bodies with regards to muscle mass, water, and body fat. In a matter of minutes, Dr. Passen will use the analyzer to give participants a read out including body fat, body mass index, and basal metabolic rate. Dr. Passen will then do a brief consultation with each individual to help them make better-informed decisions about their behaviors that will lead to goal achievement.

Spaces are limited. Sign up today at the front desk.

New FitWall™ Circuit

WHEN: Saturdays at 10 a.m.

INSTRUCTED BY: Angie

COST: Cost \$35 for 4 consecutive sessions starting September 18th. Experience an amazing interval training workout! Guaranteed to make your body a fat burning machine for the rest of the day. Sign up at the front desk.



Group X

New Classes

- **Barre Fusion:** Thursdays at 8 a.m., join Cecilia as she incorporates a ballet bar into her Pilates class to enhance the effectiveness of each exercise performed. The class is designed to lengthen major muscle groups, primarily the core muscles, as well as burn fat surrounding these muscles.
- **Mommy Daddy and MeYogalates:** Mondays at 6 p.m., Canton Club wants to provide an opportunity for parents to get a workout alongside their infants and toddlers. Join Cecilia on Mondays for aYogalates class where children (6 wks – 2 yrs) are welcome! *Parents will need to complete a liability form before participating.*

Labor Day ONLY (Monday September 6th)

All regularly scheduled classes will be cancelled. Join Jacki at 9:00 a.m. for 75 minutes of cycling followed by a 15 minute "HARD CORE" workout in the group training zone.

Spinners for Dinners

On November 5th, the 3rd Annual Spinners for Dinners will begin at 6 p.m. For 24 hours straight, 24 cycling classes will be offered. This year, the proceeds from the event will go directly to the Maryland Food Bank. The Maryland Food Bank distributes food through over 800 shelters, soup kitchens, and food pantries in the state of Maryland. The Maryland Food Bank has seen a 30 – 50% increase in services needed as a result of the economic recession. Although the homeless are the most visible people needing help, there are thousands of low income families struggling to afford food. Spinners for Dinners is Canton Club's opportunity to give back to the community and help the less fortunate right in our neighborhood!



CANTON CLUB 24HR
Spinners
for
Dinners
Feeding Thousands through
the Maryland Food Bank

As part of the event this year, we will be holding a virtual food drive! To donate to this worthwhile cause, visit www.mdfoodbank.org/Cantonclub You can choose to donate a set amount of money or you can choose how your donation is allocated (e.g. feed a Marylander for a week), purchase a case of green beans, provide meals for a family of four.

Pre-Sale Tickets Exclusive to Canton Club Members

WHEN: September 27th – October 2nd

HOW: Members can purchase tickets from the front desk. Tickets will be \$15 per class. Commit to four classes and the cost for a four pack is only \$50.

NOTE: Tickets do sell out quickly! Purchase your tickets early. All ticket holders will receive a long sleeved t-shirt the day of the event.

Spinners for Dinners Kickoff 5K

Get ready, get set, GO! The race is on to raise \$10,000 or 30,000 pounds of food. Join Jacki for a 5k to start the fundraising efforts. 100% of the registration fee for the 5k will go directly to the Maryland Food Bank.

WHEN: Sunday, September 19th at 10 a.m.

WHERE: Patterson Park

COST: \$10

Prizes will be awarded to the top male and female runners. Register at the front desk. For more details, email Jacki at jacki.irie1@gmail.com

Just a quick note...

Comcast Cable has worked out a solution to accommodate the cable tv needs of our facility. You can expect to see 80+ channels in the gym shortly. Thank you for your continued patience!

urbanite E-ZINES

Urbanite has issues with everything Baltimoreans love. Make our issues your issues. Visit our website... www.urbanitebaltimore.com/baltimore/EmailMagazines/Page to sign up for Urbanite's Arts/Culture Ezine delivered FREE to your inbox.