

cantonclub

your gym for life.



December 2009



CLUB NEWS



FRIENDS DON'T LET FRIENDS BE UNFIT!

Limited Time Offer
Canton Club DOUBLES
Referral Program Credits
through January 31, 2010.

Now through January 31st:

1. Refer a Friend to Canton Club
2. Friend signs a 12 month agreement
3. You receive a \$10 refund to your membership dues for 12 months! (That's \$120 off your membership for the year!)

GO GREEN WITH CANTON CLUB! GO QUENCH!

Canton Club has a new water filter next to the cycling studio. Now our members can enjoy "bottle-less" water while they are working out. Ditch your plastic habit. We now offer new aluminum water bottles for sale at the front desk, only \$10.



DREW BREES does it.
THE HOUSEWIVES OF ORANGE COUNTY do it.
JENNIFER LOPEZ does it.
GISELLE BUNDCHEN does it.
ELLEN POMPEO AND PATRICK DEMPSEY do it.
MARY J. BLIGE does it.
FRANK, JOSH, ANGIE, JACKI, LOREDANA,
AND ERIN do it!



DO YOU?

TRX training sessions are \$45 for 6 sessions through 2009! Give it a try.

2 WEEK "WORK-IT CIRCUIT"

After Thanksgiving join Josh for a 2 week Circuit Workout.

Tuesday's at 6am: Tuesday 12/1 & Tuesday 12/8

Thursday's at 6am: Thursday 12/3 & Thursday 12/10

Space is limited to 8, call the gym or email josh@cantonclub24.com to sign up now.

\$40 / non-members (will also enjoy full use of gym during 2 week period) • \$35 / members

GROUP X NEWS

WORKOUT YOUR WAY TO AN IPOD TOUCH

During the month of December, attend 12 Group X Classes and your name will be entered in a raffle to win an iPod Touch.

How?

1. Pick up your "Ticket to an iPod Touch" card at the front desk or from an instructor.
2. Get your card signed every time you attend a class.
3. Turn your card into the front desk by December 31st. The drawing will be held January 4th. If you complete 12 classes, you can start filling up a second card. **You have to workout to win!**



NEW CLASS POWER FLEX

Break through your plateaus and keep toning those muscles with Power Flex. This month we are adding a new Flex class, Power Flex, to the schedule. Like Flex, Power Flex will tone your entire body using barbells and dumbbells. The difference between Power Flex and Flex is the weights will be heavier and the reps will be lower.

Join Jacki for this new workout Wednesday's at 9am and Thursday's at 5:30pm!

HOLIDAY CLASS SPECIALS

December 24th

5:30am-Cycling with Nancy

8am-Cycling with Jacki

9am-Holiday Special Flex with Jacki

5:30pm-Cycling with Roy

December 31st

8am-Cycling with Melissa

9am-Holiday Special Flex with Melissa

5pm-Cycling with Angie

New Year's Day

Start 2010 with a bang! Don't wait another day to start your resolutions. Start achieving your goals on January 1st with the help of Group X.

11am-75 Mins of Cycling + 15 Mins of Hard Core Abs w/ Jacki

11am-FREE TRX Training Session w/ Loredana (Limited to six participants. Please sign up at the front desk.)

All regularly scheduled classes will be cancelled on December 24th, 25th, 31st and January 1st.



PLANNING YOUR NEW YEAR'S RESOLUTIONS

Every year, the number of people using the club increases significantly during the month of January. The top New Year's Resolutions year after year are based around fitness and diet. Unfortunately, every year the usage numbers decrease by mid February. People have already given up on their resolutions. Canton Club wants to make sure this does not happen to you.

Tips

Plan: When creating your New Year's Resolutions set your goal and create a plan to achieve.

Be Realistic: If you have not worked out on a regular basis, do not make the resolution to work out everyday of the week. If you are not a morning person, do not make the resolution to workout before work. Set realistic and achievable goals.

Attitude: Working out should not be viewed as boring, painful, time consuming, or an obligation. Think of working out as the time you set aside for you each day, a stress reliever, mood booster, and most importantly a way to improve the quality of your life.

Take time this month to set realistic and achievable New Year's Resolutions. Canton Club's personal trainers are here to help. If you have not yet taken advantage of your free personal training session, now is the time. Make 2010 the year you set and achieve your goals.

UPCOMING EVENTS

Baltimore Jingle Bell Run/Walk for Arthritis

When: Sunday, December 6th at 9am

Where: Du Burns Arena



For more information or to register online visit www.arthritis.org/jingle-bell-run.php

Join Erin, Angie, and Jacki dressed up as Canton Club Elves!

New Year's Resolution Run

When: Friday, January 1st at 2pm

Where: Patterson Park

For more information visit www.charmcityrun.com/page.cfm?pageid=33&eid=880

WIN WITH WEIGHT LOSS TAKE 4

Congratulations to the winners of the 4th Win with Weight Loss Competition!

First Place: Rob Bailey with a 12.5% Loss
Winner of \$300 and 3 TRX Trainings
Trained by Josh

Second Place: Laura Thomas with an 8.8% Loss
Winner of \$150 and 2 TRX Trainings
Trained by Jacki

Third Place: Heath Bebout with a 7.8% Loss
Winner of \$75
Trained by Josh

Rob Bailey has now set the record for the greatest percent of weight loss in an 8 week competition. Way to go Rob!!! Rob attributes his success to his trainer Josh, Angie and Erin the group trainers, and all the group X instructors at Canton Club. Rob even had a few slices of pizza along the way. Congratulations!



Scratching your head again, wondering what could you possibly get for that special friend or family member this holiday season that doesn't break the bank?

Canton Club has the answer!

Through December 31st, Canton Club Members can purchase a "Fit Gift" for their friends to try out Canton Club.

SPECIAL HOLIDAY GIFT PACKAGE for only \$25!

+ 1 Month Membership
+ 1 Session with a Personal Trainer

\$180 Value

Canton Club Member Cost = ONLY \$25