



## A New View on Fitness!

SEPTEMBER 2007

### CLUB NEWS

**CANTON CLUB MEMBER / GUEST GRAND OPENING PARTY** was SEPTEMBER 8th at the BMC Pool. Our members and their guests had a great time. The weather was perfect and we were treated to a beautiful fireworks display over Ft. McHenry. Stay tuned for more club sponsored events.

#### REFERRAL PROGRAM

Do you want to pay less for your health club membership? Refer new members to Canton Club and we will reduce your monthly dues by \$5 for 1 year.

#### EMPLOYEE SPOTLIGHT

Please help us welcome **STEVE FELL** to the Canton Club Staff. Steve will be joining the Fitness Department as a Personal Trainer. You are sure to get a "kick" out of Steve's motivating workouts. As a professional soccer player with the Baltimore Blast, Steve has the experience to help motivate our members to succeed with customized fitness programs. We're happy to have him on our team.

CANTON CLUB  
HEALTH & FITNESS  
2780-D Lighthouse Point East  
Baltimore, MD 21224  
410-276-5544

## PERSONAL TRAINING

Our Certified Personal Trainers at Canton Club want to ensure that you have a routine created for you to reach your specific goals. We are offering a **FREE** personal training session and fitness assessment to all current members. In addition, we are offering a **10% DISCOUNT** on all of our training packages for the month of **September**. Due to the high level of membership interest, the Morning/Evening Boot Camp is back! Sign up at the Personal Training Desk if you are interested. [Contact Jon at jonv@cantonclub24.com](mailto:jonv@cantonclub24.com)



**15% Off Entire Check**  
When You Show Your Canton Club Access Card

2304 Boston Street • 410.327.1112

## GROUP X

Our instructors and aerobics classes are some of the top in Baltimore City. We want to get our members involved in taking all of our new classes. We will be starting a program in September called "Canton's Fantastic Four". Canton's Fantastic Four is a contest that offers points to members when they take any of our Group Fitness classes. At the end of October, the 4 members with the top points will win a prize pack worth up to \$200. If there is a class that you want to take at Canton Club not yet offered, please let us know. There will be suggestion boxes on the Personal Training Desk and in the Group X Studio. [Email info@cantonclub24.com](mailto:info@cantonclub24.com)



## COSMOPOLITAN BAR & GRILL

**HAPPY HOUR • Tuesday Sept. 18th • 5-9pm**  
**\$2 Domestic | \$3 House Wine | \$4 Cosmos**

2933 O'Donnell St • Baltimore, MD 21224

## RUNNING CLUB

Be part of the Canton Running Club team. Our experts can offer advice and guidance for beginners and competitive runners. Training with a group is fun and motivating. We will have sign up sheets where you can post times that you would like our group runs to take place. Our Running Club coordinator is Niki Dennison. Upcoming fall races that the CANTON CLUB TEAM will participate in are: **Make a Wish Triathlon** 9/16, **Baltimore Half Marathon** 10/13, and **Race for the Cure** 10/14. [Contact Niki at ndennison@yahoo.com](mailto:ndennison@yahoo.com)

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**Canton Club Members are now GNC Gold Card Members!**

2400 Boston Street Location Only