

**cantonclub**  
your gym for life.



May 2010



WIN WITH WEIGHT LOSS EXPRESS FITCAMP:

## 4 Weeks to a Fitter, Thinner, Healthier You

**DATES:** Sunday, May 16 - Sunday, June 13

**TRAINERS:** Kristy Iannello and Angie Smith  
(Each participant will be assigned to a trainer as their personal fitness and nutritional coach for the four weeks)

**PRIZES FOR THE TOP THREE PARTICIPANTS:**

(based on percentage of weight loss)

**1st Place** = 6 PT sessions valued at \$360

**2nd Place** = 3 PT sessions valued at \$180

**3rd Place** = 10 group trainings valued at \$90

Participant can attend any of three of the five sessions below per week or a total of 12 sessions during the four week period.

**GROUP TRAINING TIMES:**

Sunday 12:30 p.m. w/ Kristy

Tuesday 7:00 p.m. w/ Kristy

Wednesday 5:00 p.m. w/Angie

Thursday 6:00 p.m. w/Angie

Saturday 11:15 a.m. w/Angie

**COST**

\$200 for members

\$260 for non members

(includes one month membership)

\$40 for premium coaching members

For details, please contact  
Fitness Director,  
Jacki Dalsimer at  
jacki.irie1@gmail.com



## Win With Weight Loss 6 Week Fit Camp



*The Results are Official*



Jennifer Lahti

**1ST PLACE:**

Jennifer Lahti • 10.7% weight loss

**2ND PLACE:**

Rebecca Favorite • 10% weight loss

**3RD PLACE:**

Amy Larrick • 9.66% weight loss

**PARTICIPANT TESTIMONIALS:**

"I love the people that participated; very motivating and everyone wants everyone to succeed."

"I really benefited from the multiple sessions offered at varying times, along with the different styles of classes each trainer provided."

"The variation of the work outs was beneficial. There was never too much cardio or conditioning or too little. The trainers themselves were very dedicated to the program and inspirational along the way as well."

"I liked the camaraderie with the other participants, and the excellent trainings."

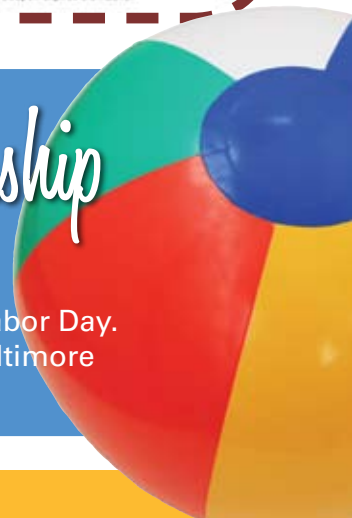


## Summer Pool Membership

**\$375 per person**

(Canton Club Members Only)

Open 7 days a week from Memorial Day through Labor Day. Members can purchase passes directly from the Baltimore Marine Center (downstairs).



## Get in your ZONE!

### Group X now has three different zones!

**Cycling Zone:** The place where the hottest cycling classes in Canton take place. Located to the left of the main gym entrance.

**Group X/Training Zone:** Where members will find a variety of cardio and strength training classes which are included in the classic membership. In addition to Group X classes, this studio will be the location of group training classes, i.e. Air Yoga, FitWall, and Krav Maga classes. Group trainings are separate from Group X classes and are an additional cost.

**Mind/Body Zone:** Looking to improve your flexibility, lengthen and tone your muscles, relax and wind down from your busy day? The Mind/Body Zone is located at Lighthouse Landing Suite 250. This studio is where members will find a variety of yoga and Pilates classes away from the noise of the main gym.

### Group X Summer Schedule

There will be a new **Group X Summer Schedule** that will begin Friday, May 28 and run through Monday, September 6, 2010.

### Memorial Day Classes

**Monday, May 31st at 9:30 a.m.**

**Memorial Day Biathlon** Instructed by Nate and Krissy  
Starting at 9:30 AM in the Cycling studio with 75 minutes of cycling, followed by a guided 5K run around Canton!

*All regularly scheduled Monday classes will be cancelled.*

### CANCELLED CLASSES the Weekend of May 22-23

Due to an **Air Yoga workshop** that will be held at Canton Club this weekend, the following classes will be cancelled.

#### Saturday

9:00 a.m. - Heavy Bags will be an Outdoor Bootcamp

10:00 a.m. - Yoga

#### Sunday

9:00 a.m. - Fusion Flex

11:30 a.m. - Bootcamp

### Pool Classes

**Bikini Bootcamp, Saturdays at 10:15 a.m. beginning May 30**

Develop and maintain your bikini physique with this low impact workout. Join Angie and experience intervals of cardio and strength training in the water. (We recommend you wear water shoes for this class)

**Aqua Zumba, Sundays at 10:15 a.m. beginning May 31**

Aqua Zumba combines dance and fitness moves in the water to create an amazing workout while having a blast! Aqua Zumba is a "pool party"!

**Aqua Power, Thursdays at 6:30 p.m. beginning June 3**

Try Canton Club's exclusive high intensity water class. Build stamina, tone, and strength train in the pool. Designed for moderate to advanced exercisers.

**Stroke Clinic, Saturdays at 10:15 a.m. beginning June 5**

Get leaner by the lap with this great cardiovascular workout while refining and perfecting your swimming skills. All levels are welcome. Stroke clinic is the perfect class for anyone training for a triathlon this summer or just looking to improve their cardiovascular fitness.

## Group Training In May



### Try Air Yoga

Your first session is on the House!



### Canton Club now offers a variety of ongoing Group Trainings which include:

**Air Yoga, TRX & Krav Maga. You must reserve a spot at the front desk to participate in these classes. Please view schedule on our website at [www.cantonclub24.com/schedules](http://www.cantonclub24.com/schedules)**

### Work-It Circuit

**Starting, Tuesday May 4th**

4 Weeks, 8 Group Training Sessions

**WHEN:** Tuesdays and Thursdays  
Choose 5:30 a.m. or 6:30 a.m. session

**TRAINER:** Angie

**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.*

### Bridal Bootcamp

**Starting, Tuesday May 4th**

4 Weeks, 8 Group Training Sessions

**WHEN:** Tuesday 5:30-6:30 p.m. &  
Thursdays 5:00-6:00 p.m.

**TRAINER:** Loredana

**COST:** \$75



A total body workout geared towards brides, bridesmaids, and mothers of brides. *Call or stop by the front desk to register.*

### 5 Things You Don't Know About Me:

#### Jacki Dalsimer (Fitness Director)

1. For 8 years, I was a middle school Math teacher in Baltimore County.
2. I bred Rottweilers in college so I did not have to work during my student teaching.
3. When I retire, I want to be a yoga instructor living in Ouray, CO for the summers and Key West for the winters.
4. I lived in a house without a refrigerator or an oven for 3 months, during which time my roommates and I put our milk on the porch to stay cold and grilled all of our food!
5. I am addicted to sugary candies! I eat a lot of Mike and Ike's and Tootsie Rollpops!



ONLY  
2  
SPOTS LEFT