



A New View on Fitness!

DECEMBER 2007

PERSONAL TRAINING

HOLIDAY PT SPECIAL: Don't wait until the New Year to start concentrating on your fitness goals. This December we are offering **3 SESSIONS FOR \$99**. Let Canton Club's professional Personal Training team help motivate you through the holiday season.

POLAR CARDIO ASSESSMENTS \$15: Sign up at the fitness desk. Our Personal Trainers will help you build a program to meet your fitness goals more effectively and efficiently based on the results of this specialty test. **Participating members will receive 5% off any Polar straps and watches.**

CLUB NEWS

EMPLOYEE SPOTLIGHT: Please help us welcome **TERESA BARNES** to the Canton Club Staff. Teresa comes to us with loads of great fitness experience as well as passion for the challenges of the fitness industry. She will be dedicating her time to Personal Training with the members in addition to teaching Group Fitness classes and working at the front desk. Teresa is also a professional tennis instructor and we are excited that she has chosen to "serve up" a new career here at Canton Club.

GROUP X

CARDIO KICKBOXING w/ TERESA: December 5th, 9-10am
(no gloves necessary)

NEW CLASSES: CYCLING CLASS w/ ERIN: Tuesdays at 7pm
CYCLING CLASS w/ TERESA: Sundays at 10am
CARDIO KICKBOXING w/ TERESA: Mondays @ 9am followed by
NEW! BOSU BALLAST BALL CORE TRAINING @ 10am
(30 minutes)

**EVERY BODY TELLS
A STORY...POLAR®**
LISTEN TO YOUR BODY

We are now selling POLAR heart rate monitors and transmitters. Polar heart rate products help you maximize your fitness experience and help you use your exercise time effectively.
The watches make great holiday gifts too!



Congratulations to **Andy Bujanda, Bev Collins, Tonia Matthews & Lauren Volpe**, winners of Canton Club's Fantastic Four Contest. We are impressed with how many members participated in this contest and we hope to continue to motivate our members through more programs and innovative group fitness classes.

RUNNING CLUB

Please call or email steve@cantonclub24.com if you are interested in joining the Running Club. Group runs will start this month, look for details on top of the membership files outside the lockersrooms.

Cloud 9 Clothing

Canton Club Members
receive 10% off non-sale items
during December
2400 Boston Street at the Can Company



Holiday Happy Hour!

Friday, December 7th • 5-9pm
 \$2 Domestic Bottles • \$3 Rail Drinks & Wine • 1/2 Price Appetizers
 722 S. Broadway • Baltimore, MD 21231 • 410-342-4222

GROUP TRAINING for RUNNING CLUB members ONLY.

For 6 weeks beginning December 10th, Running Club members can purchase 12 sessions for only \$30/session! (savings of \$360!)

Benefits of weight training in the off season include:

- Improving overall strength
- Improving running performance
- Decreasing risk of injury
- Increasing recovery time
- Regimens keep you focused for the upcoming outdoor running season

Upcoming races:

- 12/9 – Jingle Bell 5K Run/Walk for Arthritis (in Canton)
- 1/1/2008 – New Year's Resolution Run 5K Run or 1 Mile Walk for Earl's Place

Great Holiday Idea!



A Gift Of Fitness

TO: _____ VALUE: _____
 FROM: _____ FOR: _____
 AUTHORIZED BY: _____ DATE: _____

410.276.5544 • 2780-D Lighthouse Point East, Baltimore, MD 21224 • www.cantonclub24.com

MEMBER SPOTLIGHT

CAROLINE MASON

Congratulations to **CAROLINE MASON** on achieving her fitness goals here at Canton Club! Caroline came to the Personal Trainers 6 months ago on the verge of turning 40 and feeling overweight and out of shape. Despite a busy schedule including charity work, renovating her house and spending time with friends, Caroline made the decision to take care of herself first.

Current Workout: 60 minutes workouts 2 x/ week with a Personal Trainer and Cardio 3 x/ week

Weight Loss to Date: 25 pounds, 4% body fat and 15 INCHES!

Goal Achieved: Competed and completed the Iron Girl Triathlon with her 2 younger sisters (YOU GO GIRL!)

Testimonial: "I know that I could not have accomplished this goal without the dedication, support and genuine caring from my personal trainer, Josh."

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Sold Online You get a check!
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 410-668-3456 • soldonlinebaltimore@verizon.net