



## A New View on Fitness!

### CLUB NEWS

#### REFERRAL PROGRAM

Is your membership FREE? It should be. Refer new members to Canton Club and we will reduce your monthly dues by \$5 for 1 year.

#### PARKING

After 6pm, Canton Club members may park in the 6 parking spaces designated for CIGNAL CORP by the Sales Center.

### PERSONAL TRAINING

During the month of November, the Personal Training Team will be offering **FREE Polar Cardio Assessments**. These heart rate tests will give you a guideline to exercising at the proper intensity level. Exercising at the right intensity is the key to losing weight, increasing strength, and improving your health. These tests will be performed with Polar Chest straps provided by the gym. There will be sign up sheets so you can schedule a time with a trainer.

For all you cardio junkies out there...here are **10 REASONS** why you should add strength training to your routine:

1. Strength training prevents muscle loss.
2. Strength training will increase your metabolism.
3. Strength training will increase your muscle mass.
4. Strength training will reduce your body fat.
5. Strength training will increase your bone mineral density.
6. Strength training will improve your glucose metabolism.
7. Strength training will speed up your digestion.
8. Strength training reduces your resting blood pressure.
9. Strength training will relieve lower back pain.
10. Strength training will reduce arthritis pain.

### NOVEMBER 2007

### GROUP X

**FANTASTIC FOUR CONTEST UPDATE:** There is still time to pick up your Group X card to earn points for this Group X Contest. Points will be awarded for every group fitness class you take. Contest will end November 16th and we will award the top 4 winners with a Canton Club gift pack worth over \$200.

#### EXTREME CLASSES

90 minute classes to help elevate your usual workout to the next level. These **EXTREME CLASSES** will be offered during one week as a trial for the following classes. Please let us know if you want the **EXTREME CLASSES** to continue:

**TUESDAY, 11/13 – CARDIO SCULPT** 6-7:30 pm

**SATURDAY, 11/17 – TOUR DE CANTON CYCLING** 10-11:30am

#### CONTENDER

Classes are open to all levels. New boxing gloves for men and women by Harbinger are available for purchase at the gym for \$35.

### THANKSGIVING SCHEDULE CHANGES

All regularly scheduled Thursday classes will not be held.

Thursday 9 AM - **CYCLE & CROSS TRAINING** master class with Jacki (90 minutes)

Friday 9 AM – **POST TURKEY CYCLING CLASS** with Nancy.

Please call the club or check our website to find out about class changes around the Thanksgiving holiday weekend.



**Friday 11/9 Happy Hour • 4-9pm**  
**\$1 off all drinks • \$1 Raven Shots**

2218 Boston Street • www.bartendersbaltimore.com

410-534-BEER

## RUNNING CLUB

Congratulations to **Genine & Mike Tillman** for being the leading Canton Club team racers at this year's Race for the Cure. The Tillman's will each receive a gift certificate to City Sports. It was a cold but beautiful morning that we all braved. A big **THANK YOU to TEAM CANTON CLUB** for raising money and supporting this wonderful cause.

**STEVE FELL** will be the new Running Club Director beginning in November. Please sign up at the front desk to receive RUNNING CLUB updates from Steve. He will begin group training in December.

**Upcoming races:** (you can register online at [www.active.com](http://www.active.com))  
 11/11, 8am, **ZOO ZOOM** – 5 miles through the Maryland Zoo in Baltimore  
 11/22, 9am, **TOWSON TURKEY TROT** – 5K Thanksgiving Day Run  
 12/09, 9am, **JINGLE BELL Run/Walk for Arthritis** (run takes place around Canton)

## REAL ESTATE

Want to roll out of bed & be at the health club? There are new 1, 2 and 3 bedroom condos available for sale on the Canton waterfront with fabulous views.  
 Contact: [martus@aol.com](mailto:martus@aol.com)

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 \$33\*  
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## MEMBER SPOTLIGHT

Genine Tillman has been a member of Canton Club for 2 years. She is a former gymnast and found that she was slowly losing the athletic build she once had from years of gymnastic training. Genine decided she needed to take working out seriously again to get back into shape. Genine now runs 7 days a week and does weight training 3 times a week. Over the course of the last year, Genine has lost over 40 POUNDS! For cardio workouts she enjoys the elliptical and treadmill and loves participating in group events and training. We recently sat down with our star member to find out what motivates her & how she did it. Genine says since losing the weight she enjoys achieving results and a new found confidence. She likes working out by herself but uses a Personal Trainer when she feels like she hits a plateau. Her eating secrets...a smoothie everyday, cut down on sugar and eat more small meals throughout the day. Her thoughts on Canton Club "I like a place where working out is taken seriously. It's the type of environment where you can focus on making a change." The Canton Club team wishes Genine congratulations on achieving her fitness goals.

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**Canton Club Gift Certificates make great holiday gifts!**

