



A New View on Fitness!

OCTOBER 2007

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.

EMPLOYEE SPOTLIGHT

Please help us wish Jonathan Venuti "Happy Anniversary." October marks 1 year that Jonathan has been with Canton Club Health & Fitness. Jonathan is our Fitness Director and has helped grow our Personal Training Department into a tremendous asset for our members. Jonathan also leads our neighborhood marketing efforts and is responsible for planning Canton Club's new Happy Hours for members and staff. Thank you Jonathan for a great 1st year and we look forward to celebrating your success.

PERSONAL TRAINING

It is easier to get into shape when you and your partner are both training. This month we are having a "COUPLES" PT SPECIAL. Couples who train together or individually will receive 20% off any new personal training packages purchased in the month of October.

Kiss Cafe
 #4 Happy Hour Food • #2 Miller Bottles
 #4 Specialty Drinks: Razz Ice • Blueberry Mojito

Canton Club's Kiss Wednesdays!

GROUP FITNESS

FANTASTIC FOUR CONTEST HAS BEGUN. Pick up your Group X card and start to earn points. 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.

PUNCH & PUMP On Monday 10/8 at 6:30pm Steve Fell will team up with Darlene as a guest instructor for a class which mixes boxing skills with high intensity weight training.

BAG & BODY On Saturday 10/27 at 9am Jonathan Venuti will team up with Jacki as a guest instructor in this new class which mixes up boxing with sculpting exercises.

THE PICKLED PARROT
 Happy Hour for Canton Club Members
 Friday, 10/19 from 4-7pm

3020 Elliott Street
 thepickledparrot.com

RUNNING CLUB

It's not too late to join **TEAM CANTON CLUB** at the **Race for the Cure** on Sunday 10/14 in Hunt Valley. Prizes will be awarded to the top male and female racers from Canton Club. Niki will also lead interested Canton Club team members in practice runs at the course on Saturdays 9/29 and 10/13 at 10am. Please email Niki at ndennison@yahoo.com if you are interested in joining the running club.

10% OFF
 all non-sale items with Canton Club Access Card
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