

# cantonclub

your gym for life.

August 2010



## GROUP TRAINING NEWS

### FitWall® = Vertical Training

The **FitWall** has been installed! Now it is time for you to experience the benefits of **FitWall**®. The **FitWall**® allows you to incorporate vertical training into your exercise routine. Vertical training engages all of your muscles at one time. As a result, your body becomes a fat burning machine. In as little as 7 minutes, you can experience the same amount of calories burned from fat as 45 minutes on the treadmill. The **FitWall**® is guaranteed to improve your functional strength, balance, and cardiovascular endurance.

### August's Special Group Training 4 Week FitWall Circuit

Start your day off right. Develop an overall balance between strength and aerobic fitness with this amazing circuit training workout. Angie will lead you through a series of exercises using a variety of tools, including the **FitWall**®.

**WHEN:** Starting August 17  
Tuesdays & Thursdays 5:30 or 6:30 a.m.

**TRAINER:** Angie

**COST:** \$75

*Space is limited to 10 participants.  
Register today to reserve your spot. Trainings fill quickly.*



Join Canton Club's personal trainers for the **FitWall**® Open House the last week of August.

*Sign up today for a free FitWall group training session.  
Space is limited to 10 participants per training.*

### FREE OPEN HOUSE FOR MEMBERS!

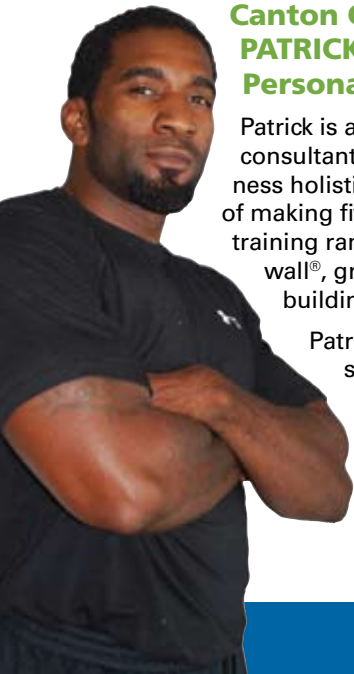
Monday, August 23 at 12:15 p.m.  
Tuesday, August 24 at 7:30 a.m. and 7:00 p.m.  
Wednesday, August 25 at 6:00 a.m.  
Thursday, August 26 at 5:00 p.m.  
Sunday, August 29 at 9:00 a.m.

## PERSONAL TRAINING

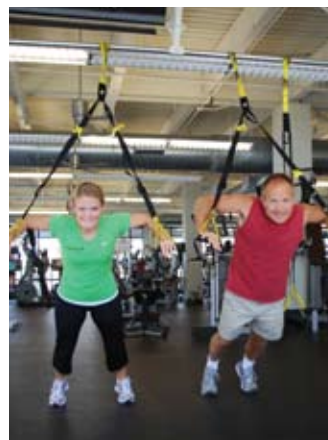
### Canton Club welcomes PATRICK FURLOW to the Personal Training team!

Patrick is a certified personal trainer and fitness consultant with a strong desire to improve fitness holistically. He believes in the importance of making fitness a daily part of life. His extensive training ranges from plyometrics, kickboxing, Fit-wall®, group fitness, endurance, and muscle building, to rehab therapy.

Patrick utilizes individualized motivational skills which has fostered exceptional success rates with his clients. Allow Patrick to assist you in meeting your fitness goals in a dynamic way today! *Contact him at Patrick@cantonclub24.com*



## CUTTING EDGE MEMBERSHIP OPTION



The **Cutting Edge Membership Option** is designed for members who want to regularly take advantage of the newest developments in exercise and the ongoing instruction and encouragement of trainers in the challenging camaraderie of our **Group Training sessions**.

For \$99/month, members can now experience **Unlimited Group Training Sessions (TRX, AirYoga, Fitwall)** in addition to all of the benefits of our **Classic Membership**.

**Upgrade your Membership Today!**

## Nine Week Baltimore Running Festival Half Marathon Training

If you are looking to run your personal best half marathon, this training program is for you. Whether you are a novice or experienced runner, training for your personal best marathon is a challenge. Training takes discipline and dedication. Get the support you need from your personal trainer and running group. Cross the finish line knowing you gave it your absolute best.



**WHEN:** Starting Saturday, August 14 - Saturday October 9  
Hill/Speed Training on Tuesday evenings  
Long Runs on Saturday mornings

**COST:** \$160

**TRAINER:** Angie

### Participants receive

- Nine week training program based on the 3:2 training principle, which is three quality run days and two cross training days.
- Hill/Speed training
- Guided and support during weekly long runs
- Running Shirt

For more information, email Angie at [steveang24@hotmail.com](mailto:steveang24@hotmail.com).



**COME HANG OUT  
WITH US &  
TRY AIR YOGA!**

Your first session is **FREE\***

\*members only




**Let us Customize a  
Meal Plan Just for You!**

At Diet-to-Go, we know that losing weight is easier when you love the food and someone else does all the cooking for you. That's why we offer complete meal plan options that can be customized to fit your lifestyle and budget.

**FREE TASTINGS:**  
August 10th 6-8pm  
August 24th 6-8pm

Redeem this coupon for a 20% discount off your 1st order of meals. Use coupon code CANTON20.

[diettogo.com](http://diettogo.com) 800-743-SLIM(7546)

One coupon per customer. May be redeemed by telephone or online. Valid on meal plans of \$50 or more and cannot be combined with any other promotional offers. Coupon expires 8/31/2010.

## NEW REFERRAL OFFER!

When you refer a **NEW** member to Canton Club, **BOTH you & your friend will get 1 FREE MONTH** of membership dues.

Finding a fitness partner in crime can be one of your keys to keeping your fitness goals. Not only will this person motivate you to be more active, but they will push you further, challenge your weaknesses, boost your confidence and best of all they can make fitness fun.

## GROUP X NEWS

Group X at Canton Club is always hot! Our instructors are constantly choreographing new and challenging routines. No two classes will ever be the exact same! If you are bored with your current workout, you owe it to yourself to take a group X class. Be prepared to be challenged, sweat, and get results. Pick up a copy of the schedule today.

Ask a trainer or front desk staff what class would help you reach your goals. **No more excuses.**

**Due to lack of participation, the Tuesday 4 p.m. Yogalates class is being cancelled.**

### Labor Day Weekend

All regularly scheduled classes will be held on Saturday and Sunday. On Monday, regularly scheduled classes will be cancelled.

### Monday, September 6th

On Labor Day, you are off! No excuse not to blast away calories and fat. Join Jacki for 75 minutes of cycling starting at 9 a.m. in the **Cycling Zone** followed by a fifteen minute **HARD"CORE"** workout in the **Group X/Training Zone**.

## Spinners for Dinners – 2010

### November 5th-6th

Canton Club will host it's 3rd Annual Spinners for Dinners Event. Feeding Thousands through the Bea Gaddy Family Center. Last year, Spinners for Dinners donated close to \$9,000 to the Bea Gaddy Family Center, had over 300 participants, and was recognized by Fox 45 and Channel 2 News. If your company is interested in sponsoring the event, please contact Jacki Dalsimer at [jacki.irie1@gmail.com](mailto:jacki.irie1@gmail.com)

**CANTON CLUB 24HR  
Spinners  
for  
Dinners**  
Feeding thousands through  
BEA GADDY Family Centers



• 24 HOURS • 24 CONSECUTIVE CYCLING CLASSES

*More details to come!*

## Race for the Cure – Join Team Canton Club

**Susan G. Komen Race For The Cure  
Maryland 5K Run/Fitness Walk**

**WHEN:** Sunday, October 3rd

**WHERE:** Hunt Valley

**COST:** \$35



Register online: <http://www.komenmd.org/2010/cantonclub>

If Team Canton Club gets 10 team members, we will provide Canton Club specific Race Shirts.