



JUNE 2009
A NEW VIEW ON FITNESS!

410.276.5544 • www.cantonclub24.com

Summer
of **300's**



If you foresee a problem with these dates and times, please see Josh or Jacki to schedule a time for you. Note: This is not a challenge for beginners! Ask or email a trainer for details. The challenge is FREE and the top two males and females will be awarded! [SIGN UP FOR YOUR TIME SLOT AT THE FRONT TABLE TODAY!](#)

Vote!
CANTON CLUB
HEALTH & FITNESS
BEST
of **BALTIMORE**

Need a fitness challenge? A purpose to train?

Canton Club has just the challenge for you, a chance to test your functional fitness level amongst other Canton Club members and most importantly against yourself. Inspired by the film, "300" the 300 Workout Challenge involves a circuit type workout including six whole-body functional training exercises. These exercises are simple but very taxing to the body when completed as a nonstop 300 rep workout.

What is the challenge? 300 continuous reps for time! In June, trainers will lead and time you through a series of six exercises for a total of 300 reps. Throughout the summer Canton Club will offer a variety of ways for you to get stronger and faster! Then, in August, you will go through the same six exercises and 300 reps to see how much you have improved.

Why take the challenge? This is a challenge of functional fitness. When performing functional exercises, you are training movements not muscles. You are training the muscles to work together, not in isolation. You force the muscles of the upper body and lower body to work together. Functionally fit people are less likely to sustain injuries. This type of training develops a balanced muscle physique allowing the body to work efficiently making everyday life much easier.

Start Dates: Sunday, June 7th or the 14th between 7 & 9 am or 1 & 3 pm.
Finish Dates: Sunday, August 16th or August 23rd between 7 & 9 am or 1 & 3 pm.

Help Canton Club get the recognition it deserves & vote for us in the Baltimore Magazine Readers Poll www.baltimoremagazine.net/whowonit/readers_poll.asp

POOL SCHEDULE

The pool is now open for classes as of June 1st! You do not need to be a pool member to take advantage of the exciting pool classes offered at Canton Club this summer. The pool schedule is as follows:

Thursdays at 6:30 pm- Aqua Power with JP
Aqua Power is Canton Club's exclusive high intensity water class. Build stamina, tone, and strength train in the pool.

Saturdays at 10:15 am Stroke Clinic with JP
This summer hop in the pool and get leaner by the lap. Stroke clinic is a low impact high intensity cardiovascular workout in the pool that will refine and perfect your swimming skills.

Sundays at 10:15 am H2O Aerobics with Cecilia
Get your heart pumping while staying cool! H2O Aerobics is an excellent class if you want to get a great workout minus the impact!



GROUP X NEWS



Canton Club strives to provide the members with top notch Group X classes taught by top notch instructors. Canton Club's Group X coordinator, Jacki Dalsimer, is constantly analyzing the popularity of classes based on attendance to continue to provide classes to meet the needs and likes of the club's members.

Jacki wants more feedback from you on how we are doing. Please take a moment to visit Canton Club's website at www.cantonclub24.com. On the home page, below the Group X logo click the link "Help Us Improve" to provide feedback on the club's class schedule.

NEW CLASSES THIS MONTH

Wednesdays at 7 pm - Zumba with Tabitha

Wednesdays at 7 pm - Game Time with JP and Kristy

Thursdays at 6:30 pm - Outdoor Boot Camp with Jacki (meet at Studio 2)

Thursdays at 8 am - Cycling with Melissa

RESTORATIVE YOGA - BACK BY POPULAR DEMAND!

The Restorative Yoga session will be held June 12th from 6:30 - 8 pm with Cecilia. The cost is \$15 per person and interested members should register at the front desk. The class is limited to 15 people. Sign up today.

SUMMER PERSONAL TRAINING OPPORTUNITIES

Take your personal training to the pool:

JP Balfour

Canton Club is excited to have JP Balfour on the staff this summer as a group X instructor, as well as a personal trainer. Whether you are a beginner or an experienced swimmer looking to improve your techniques and speed, JP is the one for you. JP Balfour...

- Is a 15-time All-American collegiate swimmer
- Led Johns Hopkins University to two second place and one third place finish as a team and
- Is a 3-time Texas State Champion

Cecilia Bellamo

This summer Cecilia Bellamo, Canton Club's yoga and Pilates instructor, is available for personal training in the water. Cecilia holds an aqua personal training certification. Cecilia will help you achieve your fitness goals in the pool.

BILLING NOTICE

We apologize for any billing mishaps recently. We sincerely appreciate your patience while we adjust to our new billing company and software. For those of you who have referral credits that were not posted, we plan to get those current during the month of June. Again, thank you for your patience and we look forward to providing you even better service in the future.

RUNNING CLUB - NEW PARTNERSHIP

Canton Club is excited to announce its running club will be partnering up with the Canton Running Club. Canton Running Club will be meeting at the front of our club twice a week. Our members are encouraged to join the club! The runs will be every Tuesday and Thursday at 7 pm.

The club is organized and run by Alex Lord-Flynn. Alex has run five marathons, two half marathons, and numerous shorter distance races. His personal best 5k is 15:05 and his marathon personal best is 3:13. Alex is currently sponsored by GU and Brooks. His expertise in running will be an asset to Canton Club's running club.

If you are interested in joining Alex and the Canton Running Club, please email Jacki at jacki.irie1@gmail.com.

Canton Club's Exclusive Running Club

In addition to the Tuesday and Thursday runs, Melissa will be leading anyone interested in a run on Saturday mornings at 9 am. Melissa's run will be for Canton Club members only.

Please note, participation in both of the above programs is absolutely FREE to members.

Baltimore Marathon

Interested in running the Baltimore Marathon? Canton Club will be forming a training program, for members and non members interested in completing a full marathon. The training program will be a 16-week program beginning at the end of June. The program will be designed for runners who have a solid foundation in running. Interested participants should be able to run at least three non stop miles and should currently be running a minimum of seven miles per week. Stay tuned!

EMPLOYEE SPOTLIGHT - DANA LAU



Dana Lau has been working at Canton Club since 2006. Not only has Dana worked hard behind the front desk at Canton Club, she has also worked rigorously over the last 4 years earning her PHD in Psychology from Loyola University. It is with great sadness that we need to say goodbye to Dana as she heads to the Garden State for her internship at Jersey Shore Medical Center. **GOOD LUCK DANA!** We will definitely miss your smiling face at Canton Club!

CONGRATULATIONS GRADUATES! & HAPPY FATHER'S DAY FROM YOUR FRIENDS AT CANTON CLUB
410.276.5544 • www.cantonclub24.com
JUNE 2009