



MAY 2009
A NEW VIEW ON FITNESS!
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CLUB NEWS

Parking Memo:

Just a reminder that on April 16th, Lighthouse Landing installed a **NEW & IMPROVED** parking system.

Canton Club members will be receiving barcode stickers to be placed on your Gym Membership Access Cards. You will have 3 hours of **FREE PARKING** from the time your barcode gets read at the parking entrance.

Our staff is available to give you your new parking sticker: **Weekdays 6am-9pm & Weekends 9am-4pm**

If you are a late night or early dawn visitor, please try & make arrangements to stop by during our staffed hours as soon as possible.

Thank you in advance for your patience while we all adjust to the new system!

Billing Memo:

Effective May 1, 2009, Canton Club will be using Fiserv as our new management software and 3rd party billing company.

We will now only have automatic membership billing 2 times a month. Members will be billed on either the 1st or 15th of every month. Therefore, most of you will have a new date that your membership dues are automatically billed to your credit card, debit card or checking account.

If Your PRIOR Billing Day Was:	Then Your NEW Billing Day Will Be:
1st – 14th	1st of every month
15th – 31st	15th of every month

Your contract end date will not change. It will remain the day of the month that your contract began.

If you have any questions about your specific billing cycle, please do not hesitate to contact info@cantonclub24.com
Thank you in advance for your patience while we make this transition.

GROUP X NEW CLASSES THIS MONTH



Yoga with Vanessa – Wednesdays at 7 am
(Begins May 12th for all levels)

Bags and Bosu's with Kristy – Wednesdays at 6 pm

Game Time with Kristy and JP – Wednesdays at 7 pm

Are you ready for some

- Hurley Ball
- Ultimate Frisbee
- Dodgeball
- Tag (Toilet Tag, Freeze Tag, Steal the Bacon, Ameoba Tag)
- Relays
- Human Obstacle Course
- Capture the Flag

Let the games begin! Get exercise and have fun. For eight weeks, JP and Kristy will lead you through a variety of outdoor games designed to keep you moving. The class is designed for all levels of fitness. Come with an open mind and ready to play!

Meet at Studio 2 and be prepared to go outdoors! Rain or shine!

Cardio Flex with Kristy – Fridays at 5:30 pm

Finish the work week and head into the weekend with a high intensity combination cardio and strength training class.

STAY TUNED FOR POOL CLASSES BEGINNING IN JUNE!





SPECIAL EVENTS THIS MONTH

Saturday and Sunday, May 9th-10th – Take Your Mom to Class Weekend

Celebrate Mother's Day at Canton Club! Canton Club is allowing all member's Moms to attend Group X classes for free. Choose a class you both could do whether it is strength training, cardio, and/or yoga classes. Active families live happily ever after!

Memorial Day, Monday, May 25th Group X Schedule

90 Minute Extreme Cycling at 9 am with Jacki

Get your hearts pumping and your metabolism super charged on Memorial Day. Join Jacki for 90 minutes of hills, winding roads, sprints, and more hills!

Cardio Flex at 10 am with Tracy

Join Tracy for Canton's Club's unique high intensity class combining cardio moves and strength training. Guaranteed to challenge both your mind and body!

RUNNING CLUB

The Inaugural Maryland Half Marathon is May 31st. The running club has been training hard through all of April's showers for this race! Good luck to members:

- Angie Smith
- Michelle Ledonne
- Rae Bacharach
- Adam Latanzzi
- Mike Williams
- Rhonda Bebout
- Ashley Donley
- Tara Kenney
- Melissa Melchior
- Cecilia Hellrung

Remember your motto, don't think about how many miles you have run, don't worry about how many miles you have to go, RUN IN THE MOMENT!



WIN WITH WEIGHT LOSS

The challenge is off to a great start! Ten people created five teams for the challenge. Only one team will win. All participants have shown sincere determination in the first two weeks. Follow the rankings on the display by the front desk.

Canton Club wishes GOOD LUCK to all participants and reminds you to give it your best! The only thing you have to lose is weight!

ATTENTION: PAST & PRESENT CONTEST PARTICIPANTS

- Were you part of Canton Club's Team Up & Slim Down Challenge or Win With Weight Loss I?
- Are you currently participating in the Win with Weight Loss Partner Challenge?

If you answered yes to either of these questions, Josh and Jacki are hosting a special training session just for you! Please join us for fun and exercise!

When: May 11th at 7 PM

Where: Meet at the front desk to begin your adventure!

GROUP TRAINING BOOTCAMPS

Looking to get in shape for summer or have a wedding to attend and want to tone up?

Try one of Canton Clubs NEW Boot Camps!!

Bridal Party Boot Camp - geared to get your upper bodies in shape so you look fantastic in your dresses!!

Beach Body Boot Camp - shaping and toning your entire body so you're looking good in your swim suits.

Any questions about bootcamps email josh@cantonclub24.com or stop by the front desk!

BEST OF BALTIMORE

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

HAPPY MOTHER'S AND MEMORIAL DAY FROM YOU FRIENDS AT CANTON CLUB
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