

# cantonclub

your gym for life.

November 2009



## SPINNERS FOR DINNERS

Help us achieve our goal of raising \$10,000 for the Bea Gaddy Family Center!

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



### Attention Ticket Holders:

For the hour of your class, you will receive one ticket for the class raffle. If you would like to increase your chances of winning, bring in canned food items or raise money for the Bea Gaddy Family Center.

**1 Raffle Ticket per 5 cans OR**  
**1 Raffle Ticket per \$10 raised**

### Attention Members:

Starting at 6 p.m. on Friday November 6th and ending Saturday, November 7th at 6 p.m., the gym will be hosting its 2nd Annual Spinners for Dinners fundraiser to benefit the Bea Gaddy Family Center. You may notice a lot more traffic in the gym during these hours. Other events going on during the event include;

- Appetizers provided by Shuckers
- Coffee by Donna's Café.Coffee.Bar
- Bagels by Panera
- Lululemon Trunk Show

### Thank you for your patience during the event.

If you are interested in participating, it is not too late.

- Purchase a ticket to a class
- Donate canned foods and/or make a monetary contribution

## UPCOMING EVENTS

### Baltimore Jingle Bell Run/Walk for Arthritis

**When:** Sunday, December 6th at 9 a.m.

**Where:** Du Burns Arena



For more information or to register online visit [www.arthritis.org/jingle-bell-run.php](http://www.arthritis.org/jingle-bell-run.php)

Join Erin, Angie, and Jacki dressed up as Canton Club Elves!

## GROUP X NEWS

### NEW CLASSES

#### FLEX

THURSDAYS AT 5:30 A.M. WITH KRISSY

Get your strength training in before work. Krissy will help you target your entire body in an hour.

### SPECIAL CLASS

#### ZUMBA DANCE PARTY

**When:** Saturday, November 14th at 11 a.m.  
Saturday, November 28th at 11 a.m.

**Instructed By:** Andy

### THANKSGIVING DAY SPECIALS

75 MINUTE TURKEY RIDE AT 9 A.M.  
WITH JACKI

60 MINUTE EXTREME BOOT CAMP AT  
9 A.M. WITH KRISTY



### CYCLING CLASSES

#### WHY YOU SHOULD STEP INTO THE CYCLING STUDIO AND TAKE A CLASS

**Cycling classes are for all fitness levels.**

- You ride at you own perceived exertion level
- You do not need any special equipment or skills to benefit from the class

**Cycling classes are perfect for individuals looking to lose weight.**

- Burn from 500 – 800 calories in one class
- Supportive instructors to help get you started and meet your goals

**Cycle classes are great for runners.**

- Develops leg power, cardio endurance, aerobic capacity and core strength
- Helps you recover from stress injuries
- Strengthens your quads and calves with every pedal rotation

Don't be intimidated by cycling classes. You can do it! The key to becoming addicted to cycling classes; make the commitment to attend four classes before making any judgments.

## PERSONAL TRAINING

### GET A "6 PACK FOR LESS"

As we head into 2010, it is time to reflect on your New Year's Resolutions. Have you reached your fitness goals? Canton Club is offering training specials to help you achieve your goals.

**Personal Training:** Purchase 5 sessions & get the 6th FREE!  
**Group Trainings:** 6 TRX Group Trainings for \$45

## CLUB NEWS

### COMING SOON...CANTON CLUB WILL BE EXPANDING SO YOU DON'T HAVE TO!

In January 2010, Canton Club will be expanding into the adjoining office space. This space will primarily be used for Group Exercise Classes & Group Training.

- Increased Space
- Expanded Hours
- Convenience
- Unique Fitness Offerings

Hang on as Canton will soon unveil its 2 new gravity based programs:

#### FIT CLIMBING & ANTI-GRAVITY YOGA

## RACE FOR THE CURE

Team Canton Club raised **\$2,371** for the October 18th 2009 Susan G Komen Race for the Cure. Even though the weather was a wintry mix, that didn't stop top fundraiser Greg Guthman from showing up & raising **\$1,855** toward this great cause. Thanks to everyone who supported this event.



## FLU PREVENTION

Canton Club is doing its best to keep our facility as clean as possible:

- Canton Club is cleaned with safe products everyday
- Gym Wipes are situated around the facility. Please clean all equipment after use.
- Canton Club has 4 Hand Sanitizer dispensers throughout the facility.

Please help do your part:

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose
- The CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.

Please be respectful of the Canton Club community & follow the above recommendations.



Scratching your head again, wondering what could you possibly get for that special friend or family member this holiday season that doesn't break the bank?

Canton Club has the answer!

Through December 31st, Canton Club Members can purchase a "Fit Gift" for their friends to try out Canton Club.

### SPECIAL HOLIDAY GIFT PACKAGE for only \$25!

- + 1 Month Membership
- + 1 Session with a Personal Trainer

*\$180 Value*

**Canton Club Member Cost = ONLY \$25**

## Happy Hour!

Canton Club Members and their guests are invited to enjoy FREE Appetizers & Drink Specials at

**The NEW Canton Arts & Entertainment**

**Friday, November 13th • 4-8pm**

2324-32 Boston Street  
(valet parking or park in lot behind restaurant)

