

**cantonclub**  
your gym for life.



October 2009



October is Breast Cancer Awareness Month. In 2005, approximately 200,000 women were diagnosed with breast cancer, and approximately 40,000 women died from the disease. Next to skin cancer, breast cancer is the most common cancer found in women.

In honor of Breast Cancer Awareness month, Canton Club Health & Fitness will be hosting a **women's only** Krav Maga self defense workshop. 100 percent of donations go directly to the Marni Fund for Breast Cancer Research. Your entry fee to the workshop is tax deductible. In addition to the Krav Maga workshop, Canton Club is forming a group for the Susan G. Komen, Race for the Cure. Details for each event are below.

## KRAV MAGA: WOMEN'S ONLY SELF DEFENSE

**When:** October 3rd from 12:30 p.m. to 2:30 p.m.

**Where:** Studio 2

**Cost:** Members \$39

Non-Members \$45

**Register at the front desk.**



## SUSAN G KOMEN RACE FOR THE CURE MARYLAND 5K RUN/FITNESS WALK

**When:** Sunday, October 18th

**Where:** Hunt Valley

**Cost:** \$35

**Register online at:**

[www.komenmd.kintera.org/2009/cantonclub](http://www.komenmd.kintera.org/2009/cantonclub)

**Be sure to register with team CANTON CLUB**

## TRX



Is your workout feeling robotic? Ask a trainer today for a workout makeover using TRX. TRX workouts will build

strength and train your muscles to work together. You will improve your flexibility and core strength with every move. TRX is the ultimate solution for all fitness levels.

Beginning October 1st, we are offering 4 classes per week. The cost is \$10 / class or \$40 for 5 classes. The following classes will be offered each week:

**Monday:** 6 p.m. – Total Body Blast, Instructed by Angie

**Tuesday:** 6 p.m. – Upper Body Blast with Core Cuts, Instructed by Jacki

**Wednesday:** 12:15 p.m. Lunch Time Burn, Instructed by Jacki or Frank

**Sunday:** 10 a.m. – Core Power, Instructed by Cecilia

## CANTON CLUB WELCOMES...

**Dr. Loredana Petrucci** to our Personal Training team. Loredana earned her doctorate in Clinical Psychology from Loyola College. She worked with individuals in therapy to help them with weight loss and medical conditions including obesity, diabetes, heart conditions, chronic pain, and other pain-related conditions. Loredana is a Wellness/Weight loss Specialist and Certified Personal Trainer. She will be developing healthy lifestyle, weight loss and personal training programs to help member's focus on their mind, body and spirit. Sign up at the front desk for a Wellness Makeover or Free Personal Training Session.

**Angie Smith** to our Front Desk and Fitness team. Always ready with a smile and some kind words of inspiration, you may remember reading about Angie in our Member Spotlight. From her love of fitness to her eagerness to learn, it's clear that Angie is a great fit for Canton Club. In between teaching Canton Club's hottest new class "Rock UR Skinnies" and studying for her Personal Training Certification, you may also find Angie demonstrating the new TRX Suspension Trainer. Whether you need to refresh your workout routine or have questions about classes, Angie is happy to assist members in any way possible. We're glad to have Angie on board and know she will be successful here!

## GROUP X NEWS

### Under Armour Marathon – Cycling Simulation

**When:** Saturday, October 10th at 9 a.m.

**Where:** Cycling Studio

**Instructed by:** Roy

Roy has designed a cycling class to simulate a section of the Under Armour Marathon in Baltimore. As you ride the route indoors, runners will be running the course. Join Roy and feel the energy of the marathon without running.

Note: On October 10th all regularly scheduled classes will be cancelled as many of the instructors will be participating in the Baltimore Running Festival.

### Breakdancing Meets Yoga

**When:** Saturday, October 24th at 11 a.m.

**Guest Instructor:** Vural

Vural comes to Baltimore from New York with a one of a kind class! The uniquely choreographed class combines break dancing moves with yoga to develop your core, flexibility, stability and strength. You do not need to be an expert yogini to participate but should be of moderate to advanced fitness level to participate.

### The 2nd Annual Spinners for Dinners Event, Feeding Thousands through the Bea Gaddy Family Center

- 24 HOURS
- 24 CONSECUTIVE CYCLING CLASSES
- 2 riders attempting to finish all 24 classes!

Don't miss out on an amazing fundraiser for a truly worthy cause!

Ticket sales for the 2nd Annual Spinners for Dinners will begin on October 5th. If you remember from last year, classes filled very quickly. We will be selling tickets in three waves. First priority will go to members and their friends and family.

#### The three waves of ticket sales are as follows:

**Wave One:** October 5th – October 11th – Tickets on sale for members and their friends and family

**Wave Two:** October 12th – 18th – Tickets on sale to instructors' friends and family

**Wave Three:** October 19th until SOLD OUT – Tickets on sale for anyone including the general public

The cost of the tickets is \$15 per class. The cost includes a Spinners for Dinners long sleeved t-shirt and automatically enters you to win a prize with a minimum \$50 value during your class.

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



## NEW CLASSES THIS MONTH:

### PRENATAL YOGALATES

MONDAYS AT 6 P.M. WITH CECILIA IN STUDIO 3

Maintain a strong body & focused mind by flowing through a sequence of seated/standing postures designed to increase stamina, build strength, flexibility & balance for Mom. Learn which poses are safe during pregnancy. Modifications are given for each trimester.

### CYCLING X PRESS

WEDNESDAY AT 5:30 A.M. WITH NANCY

Join Nancy in the cycling studio for 30 minutes of cycling before heading to work. Combine the 30 minute class with the 6:00 a.m. class for a 75 minute ride.

### EXTREME CARDIO FLEX

THURSDAYS AT 6:30 P.M. WITH JACKI IN STUDIO 2

If you like P90X, you will love Extreme Cardio Flex! This high intensity workout combining calisthenics, plyometrics, strength training, and speed drills will challenge you physically and mentally. Be prepared to leave dripping with sweat!

### HEAVY BAG BOOT CAMP

SATURDAYS AT 9 A.M. WITH JACKI IN STUDIO 2

Do you miss the heavy bag in the main gym? If you answered yes, Jacki challenges you to a one of a kind hardcore class designed to improve your fitness level through jabs, hooks, upper cuts, kicks, climbs, jump squats, and plyo hops.

### BALTIMORE RUNNING FESTIVAL:

SUPPORT THE MARATHONERS AT MILE 15

October 10th many fellow Canton Club members, trainers, and instructors will be participating in the Baltimore Running Festival. Canton Club would like to show participants their support by cheering on runners along Boston Street. Please join staff member Angie at the intersection of Boston St. and Lakewood Ave. between 9 a.m. and 12 p.m. **If you're interested in participating email Angie at [angie@cantonclub24.com](mailto:angie@cantonclub24.com)**

## CLUB NEWS

Follow us on Facebook & Follow us on Twitter:

Club News – [www.twitter.com/cantonclub](http://www.twitter.com/cantonclub)

Personal Training – [www.twitter.com/cantonclubPT](http://www.twitter.com/cantonclubPT)

**PARKING NOTE:** Please make sure that the same barcode you use to ENTER the parking lot, is the same barcode you use to EXIT the lot. If for some reason the gate is open, make sure you scan your barcode anyway! **If you should experience any problems at the gate, while the Canton Club is not staffed, please call or visit the Lighthouse Landing Security Office for assistance 410-675-1288.**