

**cantonclub**  
your gym for life.



January 2010



## CLUB NEWS

### PARKING

Members, thank you for your patience while we undergo yet another parking lot upgrade. As a reminder, you will now use your white electronic access cards (a.k.a. HID or Proximity Cards) in order to enter and exit the parking lot. Barcoded stickers and plastic cards will no longer work. You will swipe the HID card on dark gray card reader at the bottom of the parking machine.

### REFERRAL PROGRAM

Want to lower your membership dues? Refer a Friend to join Canton Club. If you refer a new member to Canton Club who joins by January 31, 2010, you will receive \$10/month off your membership dues for 1 year. That's \$120 back in membership dues. Take advantage of this offer while it lasts.

### JANUARY RUSH

Please anticipate growing attendance during the month of January. Some tips to avoid the crowds:

- Peak times Monday-Wednesday 6-8pm (Don't forget we are open 24/7)
- Take a Group X class
- Join a Group Training Program
- Use this time to try new areas of the gym

### COMING SOON

Canton Club plans to open the new larger Group X Studio at the main gym at the end of January. We are very excited to offer a larger area for most of our current classes and add new cutting edge fitness classes that you can't find anywhere else in Canton. Stay Tuned!



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ON FACEBOOK**



**FOLLOW CANTON CLUB ON TWITTER**

## NEW YEAR'S RESOLUTIONS

For 2010, have you made any commitments to yourself to change your current habits and improve your lifestyle?



Canton Club is ready to help you achieve. Gain the support you need to achieve your goals through Personal Training, Group Training, and/or Group X Classes.

### WHY HIRE A PERSONAL TRAINER?

If you are someone who fits into one of the five categories below, you owe it to yourself and your resolutions to meet with a personal trainer.

1. You have goals but do not know where to start.
2. You are not seeing results.
3. You are bored with your workouts and feel like you have hit a plateau.
4. You need to be challenged.
5. You want to learn how to workout on your own.

### WHY SIGN UP FOR GROUP TRAINING, I.E. TRX?

**Group Training provides:**

- Individualized attention, ongoing instruction and encouragement from a Personal Trainer in a small group setting
- Challenging camaraderie
- Workouts implementing the newest developments in exercise science
- Affordability (**as low as \$9 per session**)

### WHY ATTEND GROUP X CLASSES?

Group X classes are **FREE**. Group X classes allow you to achieve goals in the following areas:

- Cardiovascular
- Strength
- Flexibility

Ask a trainer, instructor, or front desk staff which class will meet your needs. The January Group X schedule is loaded with classes just for YOU!

## GROUP X HEATS UP FOR 2010 NEW TO CANTON CLUB

### VITALITY

Join Loredana on Tuesdays at 9:00am for this 50's and up group X class. Vitality will incorporate a variety of gym equipment and your own body to give you a complete body workout. Vitality will aim to improve your cardiovascular health and muscle endurance.

### POWERBALL PILATES

Cecilia will up the ante of traditional matwork Pilates with a handheld power ball on Tuesdays at 6pm. You will be guided through a series of fast paced Pilates based moves incorporating the power ball for maximum effectiveness.

### NEW CLASSES

**ZUMBA** – Saturdays at 11am with Andy  
**BOOTCAMP** – Sundays at 11:30am with Nate  
**STEP & GLIDE** – Mondays at 6pm with Kristy  
**CYCLING** – Mondays at 4:30pm with Angie  
**VITALITY** – Tuesdays at 9am with Loredana  
**POWERBALL PILATES** – Wednesdays at 6pm with Cecilia

For descriptions of these hot new classes, please pick up your copy of the January Group X schedules or visit [www.cantonclub24.com](http://www.cantonclub24.com).

### SPECIAL CLASSES

- Is your NewYear's Resolution to attend more yoga classes?
- Are you nervous about taking a yoga class if you have never done so before?
- Are you an athlete who does not think yoga classes are for you?

Take advantage of two special yoga classes this month taught by Vanessa. The classes are designed for all fitness levels and are FREE to members.

**Yoga for Beginners:** Sunday, January 10th at 11:30  
**Yoga for Athletes:** Sunday, January 24th at 11:30

### NEW YEAR'S DAY

On January 1st, trainers and instructors will be ready to get you started on your New Year's Resolutions. Make no excuses on Day 1 of 2010. Choose one or more of the options below.

- **Group X:** 11am-75 Minutes of Cycling + 15 Minutes of Hard Core Abs with Jacki. **All regularly scheduled classes will be cancelled January 1st.**
- **Group Training:** 11am-FREE TRX Training Session with Loredana. **(Limited to seven participants. Please sign up at the front desk.)**
- **Personal Training:** Schedule your free fitness evaluation with a trainer!

## GROUP TRAININGS IN 2010

Due to popularity of current programs and for those of you looking for the individualized attention of a personal trainer at a more affordable rate, Canton Club has developed its Group Training program. Starting in 2010, Canton Club will publish a monthly group training schedule.

### Group Trainings Offered in January:

- TRX
- 4 Week Resolution Revolution Boot Camp  
Mondays & Wednesdays at 5pm with Loredana (begins the week of 1/11/10)
- 4 Week Work-It Circuit  
Tuesdays & Thursdays at 5:30am with Josh (begins the week of 1/11/10)

For details on these group trainings, pick up a Group Training Schedule or visit [www.cantonclub24.com](http://www.cantonclub24.com).

## HOPING TO LOSE 5 TO 10 POUNDS THIS SEASON?

Our Canton Club trainers are here for you with a personalized coaching program to suit your weight loss needs. Coaching within this program includes:



- Goal analysis and personal workout Planning
- Nutritional guidance
- Consistent follow ups with weekly meetings to assess your progress
- Weekly weigh-ins
- Motivational support and weight loss tips

Talk with Josh or Loredana for more information, or email [info@cantonclub.com](mailto:info@cantonclub.com). We look

forward to helping you achieve your weight loss!

## UPCOMING EVENTS

### New Year's Resolution Run

**When:** Friday, January 1st at 2:00pm  
**Where:** Patterson Park

For registration information visit [www.charmcityrun.com/page.cfm?pageid=33&eid=880](http://www.charmcityrun.com/page.cfm?pageid=33&eid=880)



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