

**WINTER/SPRING
2008-2009**

500 Berkshire Drive,
London, Ontario
T:519-471-4590

The Berkshire Club

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Visit us on our web site
www.sifton.com/berkshireclub

POOL, FITNESS and MORE!

AQUATIC FITNESS & SWIMMING

AQUA-CARDIO FIT/AQUA FIT

A gentle cardio workout in the pool will leave you refreshed and energized. Suitable for all ages and fitness levels. Sessions run for 8 weeks.

TUESDAYS & THURSDAYS 11:15am-12:00pm

Member	\$60
Non-Member	\$65

An evening class will be available on Wednesdays in January '09. We will keep you posted for specific times and when to register!

MATURE ADULT FITNESS

A low-impact aerobic and pool program. Experience an aerobic workout combined with muscle, core strengthening and stretching exercises designed for the mature, moderately fit participant. Please call for session dates. Sessions run 8 weeks. Maximum 9 students per class.

TUESDAYS & THURSDAYS 10:00am-11:00am

Member	\$60
Non-Member	\$65

WATERFIT

Low impact/medium intensity aquatic workout for adults. Max 9 per class. Call for start dates.

WEDNESDAYS 3:15pm-4:00pm.

Member	\$40
Non-Member	\$45

SPECTRUM PROGRAM - CITY OF LONDON

We are proud to announce that the City of London's Spectrum fitness program is coming back to the Berkshire Club! Featuring seniors fitness classes, Spectrum will be offering "Fitness Flare" classes, with "Strong Older Adults" classes running Monday through Friday. For additional details, class times, fees and registration please visit www.london.ca and click on *spectrum interactive*. You can also call 519-661-5575.

RED CROSS SWIM KIDS PROGRAMS

The Berkshire Club offers the following Red Cross program:

Saturday Swim

Registration: December 6th from 8:30am-12:00pm

SESSION DATE:

December 20th-February 21st '09

Member	\$55*
Non-member	\$65*

Session/Level changes are allowable providing that there is space in the other level. Payment is non-refundable. Registration in person only. No pre-registration.

*Program will be subject to price increase for sessions commencing in 2009

Members will be \$57 Non-members will be \$67

PRIVATE LESSONS / ONE-ON-ONE

Private swim lessons are for novice/beginner swimmers, experienced swimmers wanting to acquire extra skills, and those who prefer one on one instruction. Private lessons might be just right for you! Our 10 class sessions (30 minute lessons) with one of our friendly and experienced instructors are available starting the second week of January 2009 in our indoor saltwater pool. The cost is \$120 for members and \$127 for non-members for the session starting in January 2009. Call Tara at 519-471-4590 to discuss your needs and time preferences.



Experience. The Difference.™

NEW! BELLYDANCING!

The Berkshire Club will now be host for three one-hour belly dancing workshops with Karen on December 3rd, 10th and 17th! Karen will be teaching a basic introduction to Egyptian-style belly dance for those 18+. Belly dancing is empowering for woman of all ages, sizes and fitness levels, and no previous experience is required. Shimmy belts will be provided at class for use and purchase.

Karen has over five years experience belly dancing and continues to dance with troupes in London as well as Stratford. She has learned from many reputable teachers and this summer took a Belly dance Course at the Haliburton School of the Arts with the master teacher from Arabesque Academy in Toronto.

For more information or to register please contact Karen at 519-438-6647 or email windinthewillows_1@hotmail.com

Time: 7-8pm

Cost: \$25 for all three December 3, 10 and 17 workshops

Classes will continue in January '09-Price TBA



NEW! NIA is here and we are SO excited!

NIA, which stands for Neuromuscular Integrative Action, is a personal growth, body-mind-spirit fitness program. It is a "living system" that works with the natural wisdom and intelligence of the body, mind, spirit, and emotions. Nia supports the Pleasure Principle: If it feels good keep doing it, if it hurts, stop! The blueprint of Nia is practical, experiential, and focuses on internal guidance to change and develop awareness. Process-oriented, the Nia format is user-friendly. Nia empowers students and teachers to make their own movement choices by offering students a flexible structure they can personally modify to suit their needs. Nia combines a diverse blend of Eastern and Western movements, concepts and philosophies from the worlds of the healing arts (love), martial arts (mindfulness), and dance (technique). Everyone can do Nia! From athletes to dancers to those who are just getting back in to fitness, students of all levels and backgrounds will be challenged and energized. **Classes will start Tuesday, January 6th, 6:15-7:15pm, introductory offer of \$56 per person or \$10 drop-in. Session runs 8 weeks. Call Sandra Burns at 519-649-4697 to register. * No class Jan.10***

KARATE

For boys and girls wishing to develop their self awareness and learn self defense. Summer classes available. Mondays & Thursdays 5:25pm-6:25pm

Call Jamie Seabrook at 519-472-6321 for more information and registration

TAI CHI

Yang Style: slow, fluid and invigorating. Sun Style: geared for arthritis and other mobility problems. Next session commences the 3rd week of November.

Classes are held on Thursdays 12:15-1:15pm & 1:30-2:30pm

For more information, prices and to register call Laurie Bazala at 519-473-6589

YOGA

Come join us for an evening of play, fun and laughter. Please wear loose, comfortable clothing and bring a tie, belt or strap, blanket for relaxation, large towel and cushion for support.

Each session runs for 8 weeks.

Monday, Tuesday, and Thursday with Helena 519-681-9648

Wednesday with Lisa 519-641-5896



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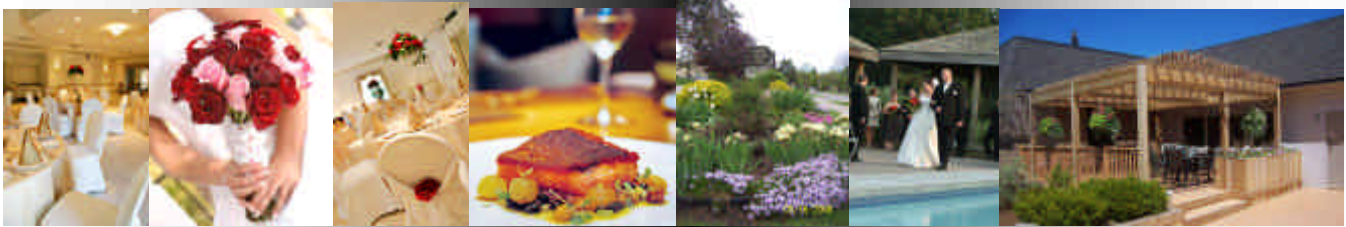
The Berkshire Club

HAVING A PARTY? BOOK WITH BERKSHIRE!

We can host your sit down dinner for up to 120, wedding reception for 100, or cocktail reception for up to 150 people here in London's best kept secret!

We specialize in Weddings, Anniversary Parties, Retirement Celebrations, Birthdays, Milestone Events, Bridal & Baby Showers, Stag & Does.

Tucked away in a park like setting in south London, the Berkshire Club offers your guests many amenities: food and beverage service options, personal attention to every details, beautiful gardens and patio, and ample free parking. Call Tara today at 519-471-4590 or email tmcmurdo@sifton.com to receive additional information!



A FRIENDLY REMINDER....

GYM: For those who use the free weights and barbells~kindly place them back on the racks to avoid injury to others and not leave them on the equipment or the floor. Wipe down equipment after use. Also please note that the gym is under video surveillance. Theft of gym equipment will not be tolerated and will result in revocation of membership or prosecution.

GYM EQUIPMENT USE: Please limit use of exercise machines, i.e., treadmills, to a half hour.

STORAGE of gym bags, coats, etc: there are lockers in the change rooms with which to store your items. You must provide your own lock. Do not bring gym bags, coats, etc., into the gym or pool area.

CHANGEROOMS: If you are accompanying a child of the opposite gender who is over the age of three, please use the family change room upstairs. Reception can provide you with a key.

SAUNA RULES: a) Children under the age of 18 are not permitted in the sauna, b) Guests are not allowed to use the sauna unless accompanied by an adult member, c) members and guests are asked to wear a self-supplied towel or sit on similar item while using the sauna for hygienic purposes, and d) the door to the sauna must be locked when leaving.

WE WANT YOU TO GET THE MOST OUT OF YOUR FACILITY! THANK YOU FOR UNDERSTANDING ☺

Berkshire Program Cancellations

Registrations taken with full payment only via cash, debit or cheque payable to Sifton Properties Limited. All refunds are subject to an administration fee of \$8.00 and are non-transferable. A medical certificate will be requested to substantiate a refund request. An administration fee is not charged if the program is cancelled by the Berkshire Club. On occasion, programs may be cancelled or extended. Whenever possible, advance notice will be posted at the front desk. This may not be possible in the event of unexpected situations such as power failure, building evacuation, mechanical difficulties or pool fouling. All programs are subject to change without notice.



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