

**SUMMER/FALL
2008**

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

BERKSHIRE CLUB POOL, FITNESS and MORE!



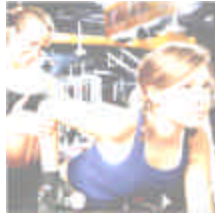
SUMMER/FALL 2008
Visit us on our web site
www.sifton.com/berkshireclub

FITNESS & WELL-BEING

PERSONAL TRAINING

Book your consultation with Kristy Hoornick, Elite Trainer, to review your fitness goals today!

Consultation Includes:
Postural Assessment
Body Measurements
Nutritional Analysis
Review of gym equipment
Personalized program to follow



Consultation cost \$75 plus GST

Your Consultation session is 2 hrs long and can be broken down into two 1 hr appointments

Benefits of a personal trainer:

It has been proven that you can achieve results 3 times faster with a personal trainer than working out on your own. A personal trainer can provide motivation, results, make you accountable and provide you with a safe workout designed only for you. Trainers are not just for people that need to tone up, they can also be for people that want to change up their workout, people who require rehabilitation, athletes, chronic pain relief, cancer survivors- really a trainer can be for anyone!

Additional Sessions \$50 plus GST

Contact Kristy Hoornick, Elite Trainer to book your appointment today!
khoornick@rogers.com
519-670-8651



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.

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, 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 ☺**

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 for more information and registration – 519-472-6321.

TAI CHI

Yang Style: slow, fluid and invigorating

Sun Style: geared for Arthritis and other mobility problems.

Classes are held on Thursdays.

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 and Tuesday with Helena

Wednesday with Lisa

For more information, prices, and to register, call:

Helena Bugler at 519-681-9648

Lisa Hopkins at 519-641-5896

PILATES

Need to relieve stress!? Try Pilates....gives the body a full workout including cardiovascular activity. Improves your strength, posture, total body toning and flexibility.

Wednesday & Monday evenings –

Call Kristy Hoornick at 519-670-8651 for more information, prices and to register.

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.

EXTRA! EXTRA!

Do you know anyone who is looking for a facility to teach dance instruction or NIA? We have space available! Contact Tara McMurdo at 519-471-4590 or email to tmcmurdo@sifton.com

AQUATIC FITNESS & SWIMMING

Commences Fall 2008

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 -

Maximum 9 per class.

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

Member \$50.00

Non Member \$55.00

*call for start dates

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 \$50.00

Non Member \$55.00

WATERFIT

Low impact/medium intensity aquatic workout for adults.

WEDNESDAYS 3:15pm-4:00pm. Max 9 per class.

Member \$40.00 Non Member \$45.00

*call for start dates

PRIVATE SWIM LESSONS AT BERKSHIRE:

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 lesson) with one of our friendly and experienced instructors are available starting the third week of September in our indoor saltwater pool. The cost is \$110 for members and \$115 for non-members. Call Tara today to discuss your needs and time preferences today at 519-471-4590.



RED CROSS SWIM KIDS PROGRAMS

The Berkshire Club offers the following Red Cross program:

Saturday Swim registration:

September 20th from 8:30am-12:00pm.

SESSION DATE: September 27th - December 6th (revised end date)

No class Thanksgiving weekend.

Cost for either program:

\$65 non-member; \$55 member

Session/Level changes: allowable providing that there is space in the other level.

Payment: non-refundable.

Registration in person only. No pre-registration.

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! 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!



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.