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VANITY FAIR .co.uk { THE A - LIST } by Alice B-B

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THE FITNESS



Summer's in full swing, but it's not too late to give your body a blitzing tone-up before bikini time. One way of getting in shape is by working out with Joanna Berggren, a pretty blonde Swede with an irritatingly good body, who a few years ago chucked in the towel at her job in the restaurant industry and started Nordic Balance. Since then, Berggren has set up camp in the gym at the In and Out (Naval & Military Club). To get to the gym you have to walk through the 320 year old building in prime Mayfair, that was once home to the Earl of Kent, which is a little surreal. But once you're past the grand old newspaper-reading gentlemen and into the bowels of the building, it all makes sense. In the basement lies the fully equipped weights and cardio rooms, swimming pool with jet-stream, jacuzzi and sauna, a treatment room, stretching area and the oldest squash court in London. It's not the swankiest of gyms, but Nordic Balance is about results and that's down to Joanna and the quality of her highly motivating team. And if you loathe being in the gym then the trainers will come to you (if you live in central London). Or there's Nordic Walking through London's Great Parks, or try 'Sweating On The Square', for aerobic, cardio-vascular, strength and stretch exercises in the middle of the very private St James' Square. It's never too late to whip your body into shape and under the eagle-eye of the Nordic Balance trainers, slacking-off is not an option.

Nordic Balance gym membership starts from £45 per month with no joining fee and no monthly contract.

For more information on Nordic Balance please visit www.sw1gym.co.uk or call 020 7735 2177

***** EXCLUSIVE OFFER *****

Nordic Balance offers all Vanity Fair A-List members the chance to enter a prize draw for ten winners to receive one Nordic Balance Personal Training session and one month's membership at the health club, Nordic Balance at The In & Out (Naval & Military Club) worth £110 each. To enter this prize draw, simply send your details (name, address, telephone, email) to competitions@sw1gym.co.uk by Friday July 23, 2010. Terms & conditions apply.

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