MICHIGAN AVENUE ATHLETIC CLUB

WHERE EVERYONE IS A WINNER

Welcome to the wonderful world of Michigan Avenue Athletic Club. We’re a full service health and fitness club dedicated to providing a friendly and supportive atmosphere for all ages and abilities. We offer a vast array of equipment and classes including aerobics, spinning, yoga, kickboxing, and strength training. We have racquetball and tennis, an indoor pool, spa services, a pro shop and café.

Use the links below to learn more about membership, special events, and to access our weekly spotlight on physical fitness.

* Membership rates
* About the staff
* Calendar of events
* [Weekly spotlight](file:///G:\Business_Technology\Office%202007\Datafiles\Word\31STRENGTH.docx)