Michigan Avenue Athletic Club Home Page

**WHERE EVERYONE IS A WINNER**

**Welcome to the wonderful world of the Michigan Avenue Athletic Club. We’re full-service health and fitness club dedicated to proving a friendly and supportive atmosphere for people of 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 a 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:///\\Hs_acad2\users\2015\15SedellC\31STRENGTH_xx.docx)