Michigan Avenue Athletic Club Homepage

**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 providing 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\2013\13kroegerv\P2KroegerV10241131STRENGTH.docx)