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:///%5C%5CHs_acad2%5Cusers%5C2013%5C13kroegerv%5CP2KroegerV10241131STRENGTH.docx)