



# MIDTOWN ATHLETIC CLUB®

CHICAGO

STRONG COMMUNITIES | RESORT-LIKE ENVIRONMENTS | PERSONAL ATTENTION



**PHONE**  
708-887-3306

**WEBSITE**  
[Midtown.com/chicago](http://Midtown.com/chicago)

**LOCATION**  
Corner of Elston Ave. &  
Damen Ave. in Bucktown

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## FITNESS

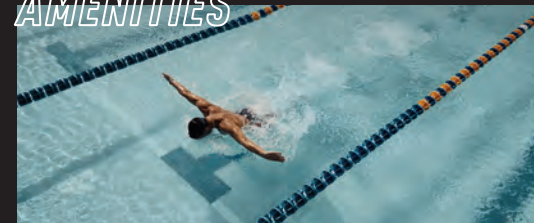


- » Boutique Fitness Studios
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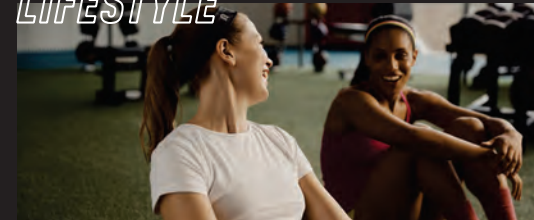


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## JOIN THE COMMUNITY



- » Membership Benefits

*Our promise is to inspire you  
through movement, community,  
and personal attention.*

WELCOME TO MIDTOWN

M



O V E



R V I

E W





MIDTOWN ATHLETIC CLUB

1970

6  
M

2018

## CLUB INFORMATION

**ADDRESS** 2444 N Elston Ave,  
Chicago, IL 60647

**PHONE NUMBER** 708-887-3306

### MIDTOWN HOURS\*

Monday-Thursday	5:00AM-12:00AM
Friday	5:00AM-11:00PM
Saturday	5:00AM-9:00PM
Sunday	6:00AM-9:00PM

### 16 INDOOR TENNIS COURTS

### 4 OUTDOOR PLATFORM TENNIS COURTS

### FIVE BOUTIQUE STUDIOS

*Membership includes unlimited access to 250+ group fitness classes a week.\*\**

Theater	The Field
Ride	EverybodyFights
Samadhi	

### INDOOR & OUTDOOR POOLS

### INDOOR BASKETBALL COURT

### THE SPA

### THE SHOP

### CHROMIUM

*Farm-to-table fine dining.*

### KIDTOWN

*1.5 hours of childcare per day. Reservation required.*

### THE HOTEL AT MIDTOWN

*Private events and room rentals.*

### PARKING GARAGE

*Three hours of complimentary parking for members.*

\*Subject to change, please visit [midtown.com/chicago](http://midtown.com/chicago) for the most up to date club hours.

\*\*Number of classes per week subject to change.

OVERVIEW

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## HERITAGE

My dad opened Midtown Chicago with his father in October of 1970. The Chicago club was our original location, and over time we grew across the continent. When I joined the business, my father had already built Midtown into the country's premiere tennis club chain.

In 1988, after eighteen years as tennis-only clubs, we decided to grow our hard-earned expertise in tennis into new areas, including fitness, wellness, and lifestyle. Then, in 2017, we transformed the business again. Boutique fitness studios were changing people's relationship with exercise and wellness. We saw an opportunity—to rebuild our clubs as 'sports and wellness resorts', taking the best

ideas from boutique fitness to create unique signature experiences at Midtown. We did the same for tennis, focusing on our experiential programming for beginners and experienced players alike. We also expanded the breadth and quality of our resort-like environments, like the café, pools, social spaces, and locker rooms. And we put it all under one roof.

Welcome to the club,  
*Steven Schwartz, CEO*



## SEE THE CLUB

Experience the Midtown difference for yourself. Schedule a personalized tour and we'll connect you with the people and places you want to see the most.



SCAN TO SCHEDULE A VISIT

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MIDTOWN'S DNA



T E N

*A history of excellence and innovation for the future.*



N I S

*Midtown is a leader in tennis for players of all ages and skill levels. Discover why tennis legend Billie Jean King called Midtown "the best place to play tennis in the world."*



# THE COURTS

## 16 INDOOR COURTS

With our long history in tennis, it's only natural that we have some of the best courts in the world. We resurface our courts yearly, we were one of the first to adopt best-in-class indirect lighting, and we even pioneered the four inch baseline, now an industry standard.

## 4 OUTDOOR PLATFORM TENNIS COURTS

Join our thriving Platform Tennis community. It's easy to learn, incredibly social, and a great way to stay active year-round.

# TENNIS FOR ALL



## NEW TO TENNIS?

*No matter your skill level, we have plenty of classes and programs to help introduce you to the game and have a blast with our favorite sport.*

### TENNIS IN NO TIME (TNT)

Interested in tennis but short on time? TNT is our trademarked tennis instructional program that'll turn you into a player in just 4 weeks. Certified coaches will get you playing from minute one, helping you develop the fundamentals, skills, and knowledge of the game. No gear required, we'll set you up with everything you'll need.

### ADULT INSTRUCTIONAL PROGRAM

Join our tennis community in group lessons with our talented coaches. Develop the tactical and technical skills necessary to up your game, and build lifelong bonds with your fellow members.

### CARDIO TENNIS

Midtown is one of the nation's leaders in Cardio Tennis. Beginners to 5.0 players can play unique games and drills that will help you improve your tennis skills while giving you an unbeatable cardio workout.

# EXPERIENCED PLAYERS

IMPROVE YOUR GAME

*We have programs to help you perfect your game. Here, you can be better than yesterday by signing up for private lessons or competing with other members.*

## LEAGUE PLAY

Go head to head in singles matches with players of similar levels, ranked according to our National Tennis Ranking Program (NTRP) system and the Universal Tennis Rating (UTR), both industry standards.

## TEAMS

Participate against other clubs in both USTA and CITA leagues, play doubles against other clubs, and earn a chance to win local, sectional, and national championships.

## PRIVATE LESSONS

Work with our top coaches in an athlete-centered atmosphere. Improve your skills by getting the catered, specific instruction that your game is looking for.





# YOUTH TENNIS PROGRAMS



NEVER TOO EARLY

*At Midtown, we have programs that will let our youngest members play and practice tennis from preschool all the way to college.*

## TENNIS EXPLORERS

AGES 3-4

This is a fun, creative way to give preschool children a great start in tennis and a boost in developing their motor skills - the foundation of all athletics. Using a careful blend of developmentally sound physical activities, tennis skills, and storytelling in an on-court environment, kids and parents get to play together and have fun.

## VELOCITY

AGES 5-18

Recognized by the USTA as being an industry leader, Midtown's junior tennis program helps players ages 5-18 develop tennis fundamentals and a passion for the game. We offer a variety of lessons, social events, and competitive programs tailored to meet the needs of the developing player.

A VARIETY OF BOUTIQUE EXPERIENCES



F I T



*Boutique fitness studios.  
Modern equipment.  
All under one roof.*

N E S



S

We've got the perfect gear, program, or coach for your fitness goals. And, membership means unlimited access to our entire array of group fitness classes.



SCAN TO SEE ALL OF OUR GROUP FITNESS SCHEDULE.

# BOXING IN EVERYBODYFIGHTS

MIDTOWN ATHLETIC CLUB

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# EBF

Welcome to The BOX by EverybodyFights®. Developed by George Foreman III, and composed of two classrooms: BAGS (boxing) and FIGHT (technique). Train like a fighter in a group class environment. Whatever your experience level, there's a class that fits your needs and a certified trainer who's here to support your fight.

## CLASSES



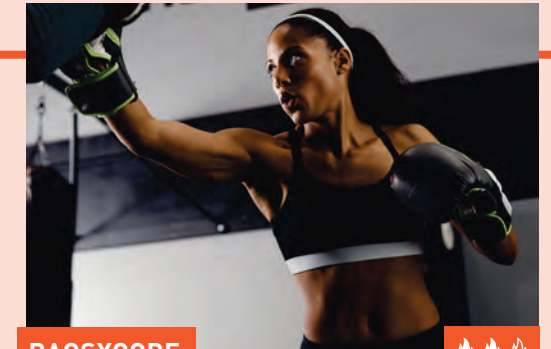
SCAN FOR EBF  
CLASS SCHEDULE



**BAGSXBODY**



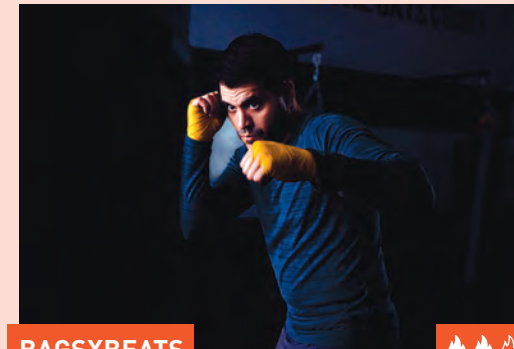
This conditioning workout helps build head-to-toe strength with various bodyweight exercises within boxing rounds to create a high-intensity boxing fitness experience. (45 minutes)



**BAGSXCORE**



Build your core using various bodyweight exercises within boxing rounds to create a high-intensity fitness experience. (45 minutes)



**BAGSXBELTS**



Get a full-body strength and conditioning workout with choreographed exercises set to the rhythm of new music every week. (45 minutes)



**FIGHTXCIRCUIT**



Learn offensive and defensive skills through drills and conditioning to develop proper boxing technique. (45 minutes)



FITNESS

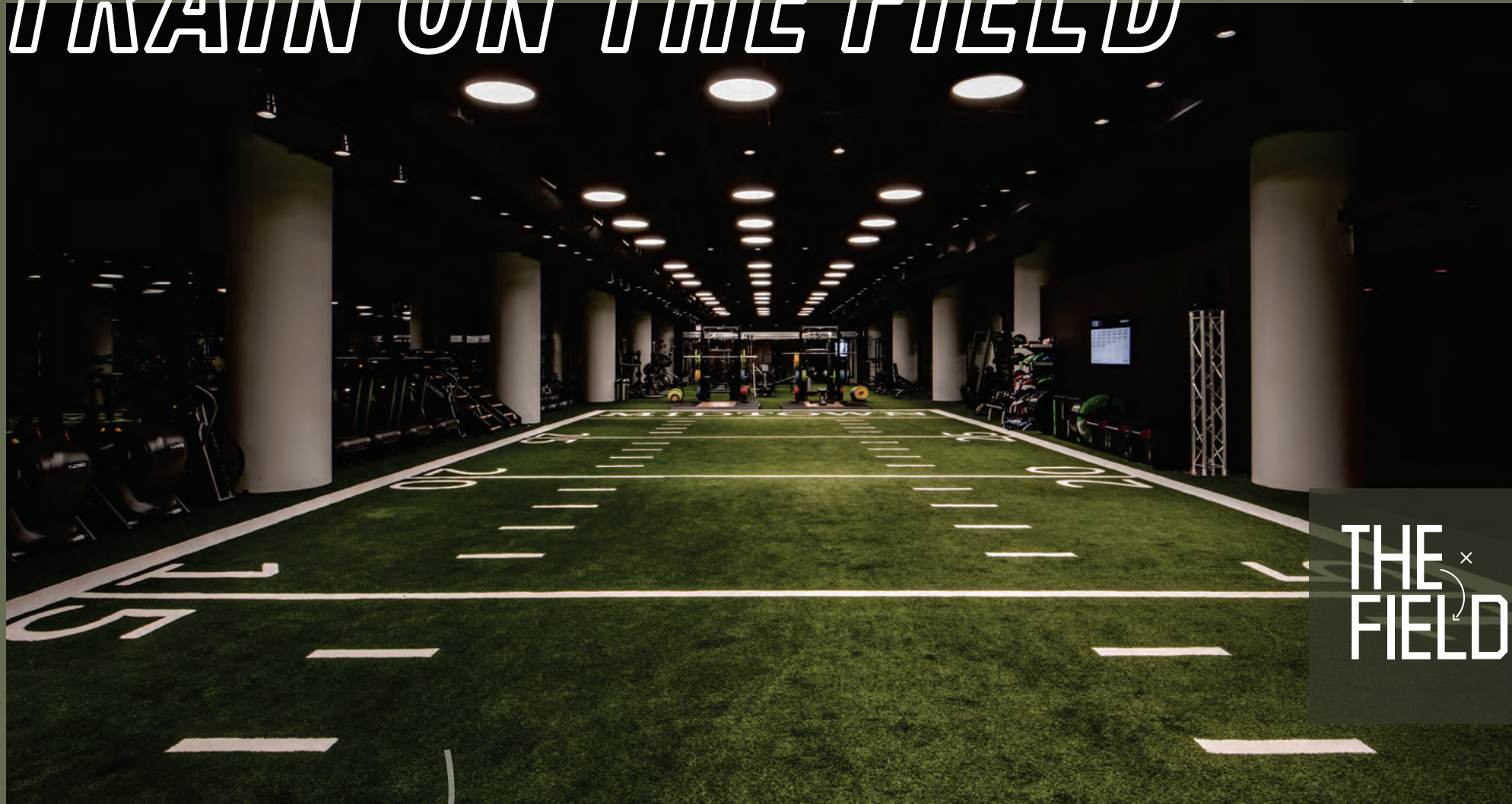
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# TRAIN ON THE FIELD

MIDTOWN ATHLETIC CLUB

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THE FIELD



Outdoor classes on The Outfield.

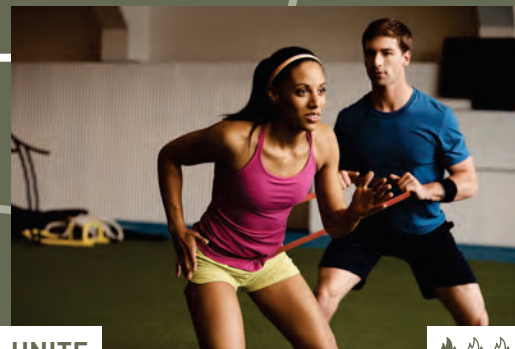
FITNESS

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The Field is an athletic, dynamic, functional fitness turf. Hit the ground running with an arsenal of gear, classes, and plenty of push from our coaches.

## CLASSES

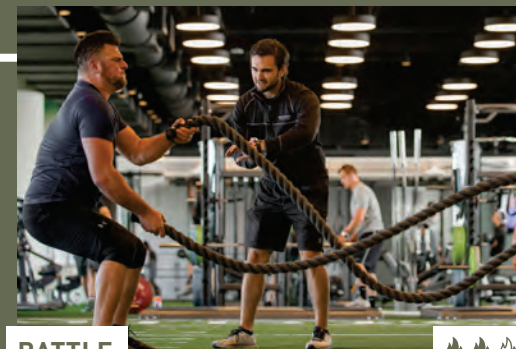
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UNITE



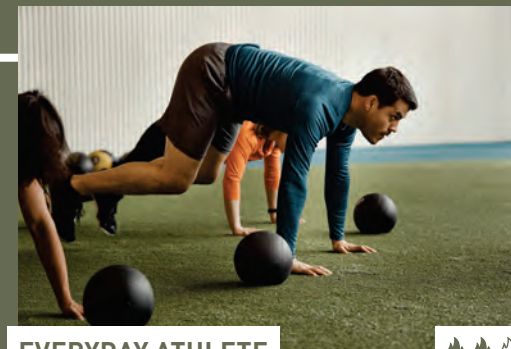
Work together as a group to take on total body challenges. Use functional gear to build strength and overcome circuit workouts. (30/60 minutes)



BATTLE



Grab a battle buddy and get toned with high-intensity strength and conditioning workouts. Take on battle ropes, medicine balls, and be stronger together. (45 minutes)



EVERYDAY ATHLETE



Use shuttles, hurdles, sports gear, and more to build speed and agility. Unleash your inner athlete in seasonal, sports-inspired drills and workouts. (45 minutes)



GAUNTLET



Burn max calories and shed max sweat in this extremely intense, absolutely unrelenting class. Power cardio, kettlebells, body weight, and more will push you to your limits. (50 minutes)



SCAN FOR THE FIELD CLASS SCHEDULE

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# CYCLE IN RIDE

MIDTOWN ATHLETIC CLUB



Outdoor classes on SIX.



FITNESS

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|  
#

25  
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RIDE

Kick your routine into high gear with a variety of cycling classes in an unparalleled, immersive studio; lose yourself in high-definition screens and crisp surround sound audio. The bikes are stationary, the experience is anything but.

## CLASSES

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VIBE

Ride to a carefully curated soundscape in this musically driven, emotionally charged rhythm ride. Pedal to the tempo and move your body to the changing beats. (45 minutes)



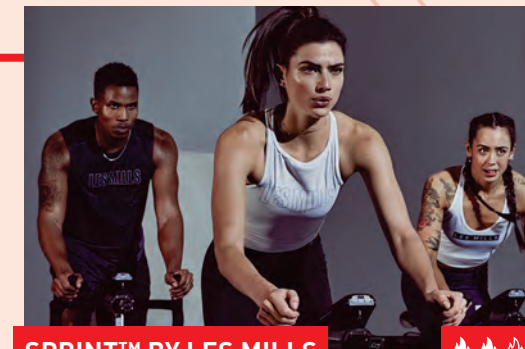
PWR

Reach peak cycling performance and track your progress from class to class in this challenging, metric-driven class. (45/60 minutes)



VIRTUAL THE TRIP™

This immersive workout experience combines a multi-peak cycling workout with a journey through digital worlds. Take it to the next level and burn serious calories. (40 minutes)



SPRINT™ BY LES MILLS

Combine bursts of high-intensity with periods of rest for a workout that gives rapid results and makes your body burn calories for hours after you're done. (30 minutes)



SCAN FOR RIDE  
CLASS SCHEDULE

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# YOGA IN SAMADHI

MIDTOWN ATHLETIC CLUB

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#



samadhi



Outdoor classes on SIX Rooftop.

FITNESS

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*Our boutique yoga sanctuary will enlighten your mind, soothe your soul, and strengthen your body with a variety of classes and programs in a deeply immersive space.*

## CLASSES

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### VINYASA



Cultivate strength, flexibility, balance, and serenity with a calming yoga flow. This is where mind, body, and soul become one. (60/75 minutes)



### YOGA JAM



Build strength and tone up with this upbeat, energetic, fitness-yoga class set to great tunes. Who says peace has to be quiet? (60 minutes)



### IGNITE



Burn hot in this intense, muscle sculpting experience. Find peace in the inferno with weights and guided flows. (45 minutes)



### REGEN



Promote recovery, relieve tightness, and improve posture through dynamic stretching and targeted trigger point myofascial release techniques. (45/60 minutes)



SCAN FOR SAMADHI CLASS SCHEDULE

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# PERFORM IN THEATER



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*Theater lets you be the star of your workout routine with a selection of high-energy, body sculpting, and dance-based experiences for every level.*



FITNESS

## CLASSES



SCAN FOR THEATER  
CLASS SCHEDULE



**FITMIX**



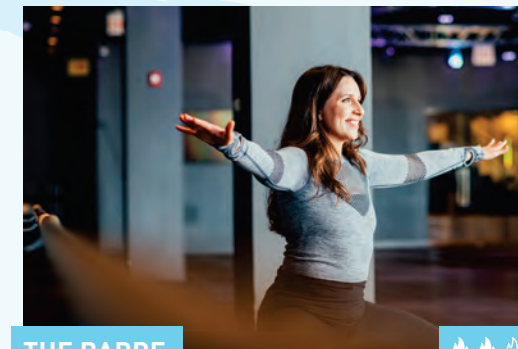
Have fun, get moving, and enjoy core, cardio, and strength workouts set to a carefully curated, themed playlist. Every song is a different workout, and every class is a new playlist. (45/60 minutes)



**312**



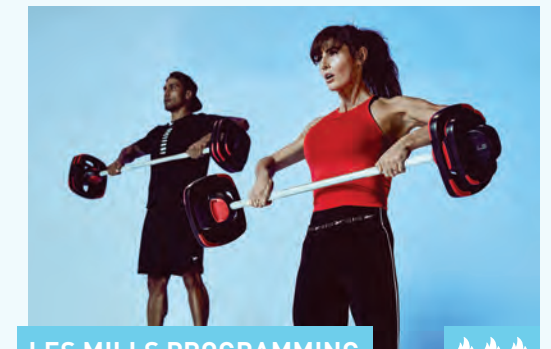
Three workouts, one instructor, no two workouts the same. Use muscle confusion to maximize your routine with alternating core, cardio, and strength workouts. (45/60 minutes)



**THE BARRE**



Build a strong core and increase flexibility as you hold challenging, ballet-inspired moves and positions. (45/60 minutes)



**LES MILLS PROGRAMMING**

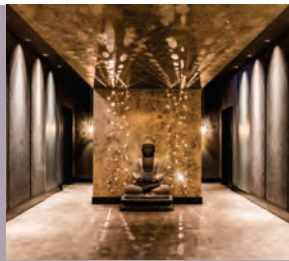


We have a variety of Les Mills options to fit your routine, including BODYPUMP™, the most popular total body toning workout in the world.

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# PILATES



MIDTOWN ATHLETIC CLUB

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#

pilates

*A strong core is everything. Build yours, improve your flexibility, and experience all of the benefits of Pilates in our beautiful studios. You'll be amazed at just how good you feel.*

## OUR PILATES STUDIO OFFERS:

- » Reformer Classes
- » Advanced Reformer
- » Private Training On All Equipment
- » Apparatus:
  - » Reformers with Towers
  - » Cadillac
  - » Chairs
  - » Barrel
  - » CoreAlign



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# PERSONAL TRAINING



*We'll work with you to pair you with the perfect trainer for your schedule and goals. Accomplish them with one-on-one, partner, or small group sessions, and see how we put the "personal" in personal training.*



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THE MIDTOWN DIFFERENCE

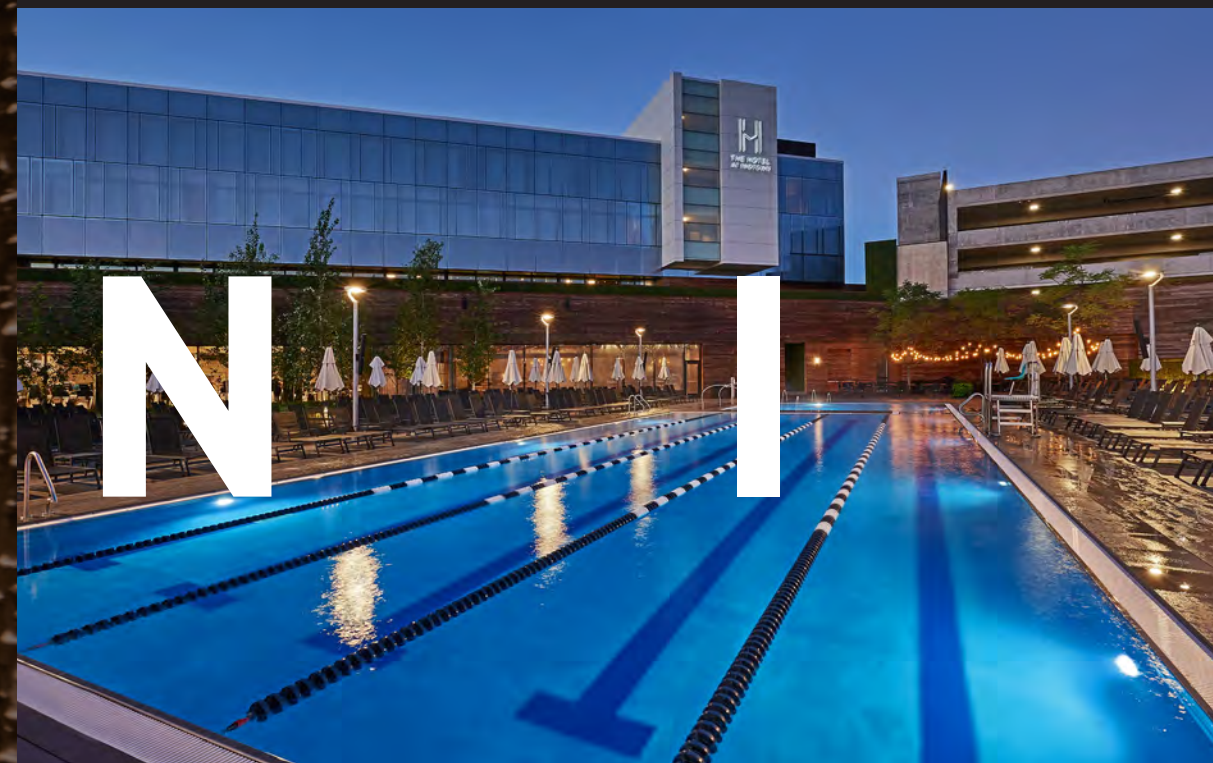


*Resort-like environments  
across every facet of the club.*

A M E



N I T



I E S

Our countless amenities are the perfect addition to any lifestyle or routine. From healthy dining to luxurious self-care, high-end athletic gear to beautiful makeovers, we've got everything you need to round out a perfect day.



# FOOD & BEVERAGE

MIDTOWN ATHLETIC CLUB

## CHROMIUM

Dine at Chromium, our full-service restaurant featuring locally sourced and farm to table menu items. This is healthy food made ridiculously delicious.



SCAN FOR CHROMIUM MENU



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|  
FORK AND KNIFE

## THE CAFÉ

Unwind from your workouts or hang with your friends in our cafe and lounge area. Grab a coffee to start your day, or compliment your workout with a healthy smoothie.



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# THE HOTEL AT MIDTOWN

AMENITIES



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|  
FORK AND KNIFE

The Hotel at Midtown is for active travelers who believe in balance. You'll enjoy one of our 55 rooms, featuring contemporary design elements with luxury amenities and breathtaking city views. Four suites are available, including a two-story penthouse suite with a private balcony and one suite designed by tennis star Venus Williams.

**Guests get full membership for the duration of their stay.**



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# AMENITIES

MIDTOWN ATHLETIC CLUB



## FULL ACCESS WITH A TAP

All members receive special wristbands that unlock everything in the club. By just tapping your wrist on a sensor you can enter the club, pay at the shop or cafe, access lockers, and so much more.

## THE SHOP

Save some strength for retail therapy. The Shop carries major brands of activewear, tennis racquets, apparel and shoes, and we can even restring your racquet for you. You won't find a more convenient shop for your workout and tennis needs.



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## PGA TOUR GOLF SIMULATORS

Keep your golf game sharp year round with our high-tech golf simulators. Reserve some time, get swinging, and maybe shave a few strokes off your game.



## BASKETBALL COURT

Grab your friends and reserve some time on our indoor basketball court. Play a quick game or just practice your three-pointers year-round.

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## THE SPA & SALON

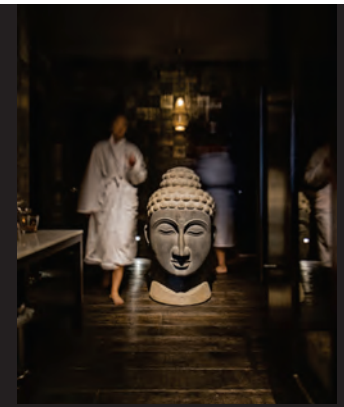
The Spa is luxurious and robust, earthy and natural, and most of all, relaxing. Treat yourself to the ultimate in self-care after a hard workout, tough tennis match, or just because you deserve it.



SCAN FOR SPA  
AND SALON MENU

## SHAVE & TONIC

This gentleman's haven is tucked inside the spa. No frills here, only straight talk, straight razors, and straight-up handsome looks. We're clean, modern and sophisticated. Our barbers are as seasoned and dignified as a 50 year scotch, well-versed in the classics and up-to-date on style. Step into the chair and get the cut you deserve.



AMENITIES

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FOLLOW US  
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## SIX

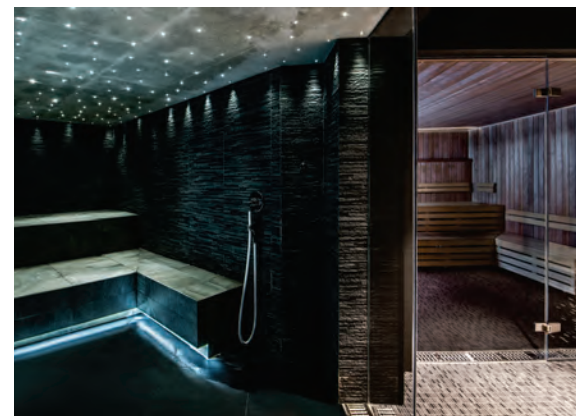
SIX Rooftop Lounge offers breathtaking views and a full bar. Enjoy a drink (or two) with the entire Chicago skyline as your backdrop, and of course, don't forget your phone—Instagram-worthy moments abound here at SIX.

MIDTOWN ATHLETIC CLUB



## LOCKER ROOMS

Our locker rooms are decked out with all the bells and whistles to take care of you pre or post workout. Sweat it out in the sauna or steam room, wash off in our luxurious showers, and pat down with our plush towels.



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iV

# AQUATICS



AMENITIES

*It's time to make a splash. Our magnificent indoor and outdoor swimming pools and whirlpools are a place to work out or hang out.*



## INDOOR & OUTDOOR POOL

Soak up the sun poolside on our outdoor pool deck. Lounge in the open air, relax in the hot tub, grab a drink or a snack, and live it up during the summer months.



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## FITNESS

If you're looking to get your feet wet in our aquatics fitness, try our instructional swimming programs for kids, adults, or families.

## GROUP FITNESS

Take H2O HIT, our pool-based group fitness experience. Fight the increased resistance of the water while performing functional movements like sprints, squats, lunges, and more—all while your joints benefit from the low impact environment.

SOCIAL AND FAMILY



*So much more than  
a place to get fit.*



L I F



E S T

Y L E

Midtown is a place where memories are made, bonds are formed, and life is enjoyed to the fullest. So bring your family, tell your friends, and dive into the Midtown lifestyle.



# LIFESTYLE

## NUTRITION PLANNING

We are what we eat. Our specialists will help you craft a diet plan for your specific goals, whether you're addressing a vitamin deficiency, looking to maximize your gains, or just want to eat healthier.



## SOCIAL EVENTS AT THE CLUB

Are you trying to meet new people? Maybe you're a professional looking to build your network. Or, do you just need a solid plan for family night? Hit up one of our many social events at the club and get to know the Midtown community.



Follow us to stay up to date with the club.

 @midtownchicago



# FAMILY AMENITIES

## KIDTOWN



Drop your kids off at Kidtown and enjoy your workout knowing they're having just as good of a time as you are. Maybe better. Kids will play sports, be artistic, and have fun while being supervised by friendly associates who treat them just like members. Family and Parent + Children memberships include 1.5 hours of complimentary childcare.

## CAMP MIDTOWN



We have multiple summer camps to help your kids make the most of their vacation. Plus, we have day camps for all the holidays your kids have off school. They'll play games, build self-confidence, and learn how to live a healthy, active lifestyle from our expert coaches and professional counselors.

# MIDTOWN'S STANDARD OF CLEAN



*The moment you first walk into the club you will notice what makes us different: our higher standard of clean. We took inspiration from hospital ICUs to develop our industry's most innovative cleaning protocols and technology.*

## AIRPHX



AirPHX (pronounced "Air-fix") technology provides 24 hour sanitization of ambient air plus all exposed surfaces, including fitness equipment, weights, turf, rubber, wood and tile surfaces. Viruses and bacteria don't stand a chance.

## AOS



We use AOS (Aqueous Ozone Solution) as our standard cleaning fluid in the clubs. AOS is non toxic, with no harmful side effect on humans (for skin contact, eye contact, and even ingestion--though we don't recommend it). This is a complete cleaning solution and can be used for all surfaces--including laundry. Plus, it's 100% sustainable and greener than green.

## WE ARE ALL CLEANERS



All Midtown associates are now part of our housekeeping team. Every team member is equipped with a bottle of disinfectant, a towel, and all the necessary training on best-in-class cleaning techniques. Our challenge to ourselves: 'ABC, or always be cleaning'.





*Be a part of a tight-knit, strong community.*

JOIN THE MIDTOWN FAMILY



C O M



M U N



I T Y



Our members stay longer than any other club chain in North America. When you join, you'll feel as at-home as they do.

# MEMBERSHIP BENEFITS

*We have a range of membership types to best suit what you're looking for. From individual membership, to couples, to families, our plans are suited to your lifestyle. Check out our options below:*

## MEMBERSHIP INCLUDES:

### TENNIS

- » 16 indoor courts
- » Instructional programs
- » Cardio Tennis classes
- » Competitive teams and leagues
- » Youth tennis from ages 3-18

### FITNESS

- » Boutique studios
- » 250 classes / week
- » Modern equipment
- » Personal training
- » Pilates

### AMENITIES

- » Outdoor and indoor pools
- » Outdoor and indoor whirlpools
- » Full service restaurant
- » Grab-and go snack and beverage bar
- » Steam and sauna
- » Luxurious locker rooms
- » Spa with massage, hair, nails, and more
- » Retail store
- » Basketball and golf

### LIFESTYLE

- » Social and networking events
- » Daily childcare
- » State-of-the-art cleanliness technology
- » Summer break and holiday camps

## MEMBERSHIP TYPES

**INDIVIDUAL**  
Full club access for one adult.

**COUPLE**  
Full club access for two adults.

**PARENT W/CHILD**  
Full club access for one adult and children.

**FAMILY**  
Full club access for two adults and children.



SCAN TO SEE PRICING INFORMATION

