

# CHICAGO

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## NEW STUDIOS AT MIDTOWN

Practice your yoga. Take a HIIT fitness class. Learn to box. Relax at the spa. Enjoy a delicious meal. How about all of the above? We're your fitness oasis.

Midtown prides itself in offering many boutique fitness studio experiences all under one roof.



EVERYBODYFIGHTS

[EXPLORE STUDIOS >](#)

THE FIELD.

THEATER

THE SPA  
AT MIDTOWN

Chromium

Chicago, IL

[MAP & HOURS](#)
[THE CLUB](#)
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## MAP & HOURS

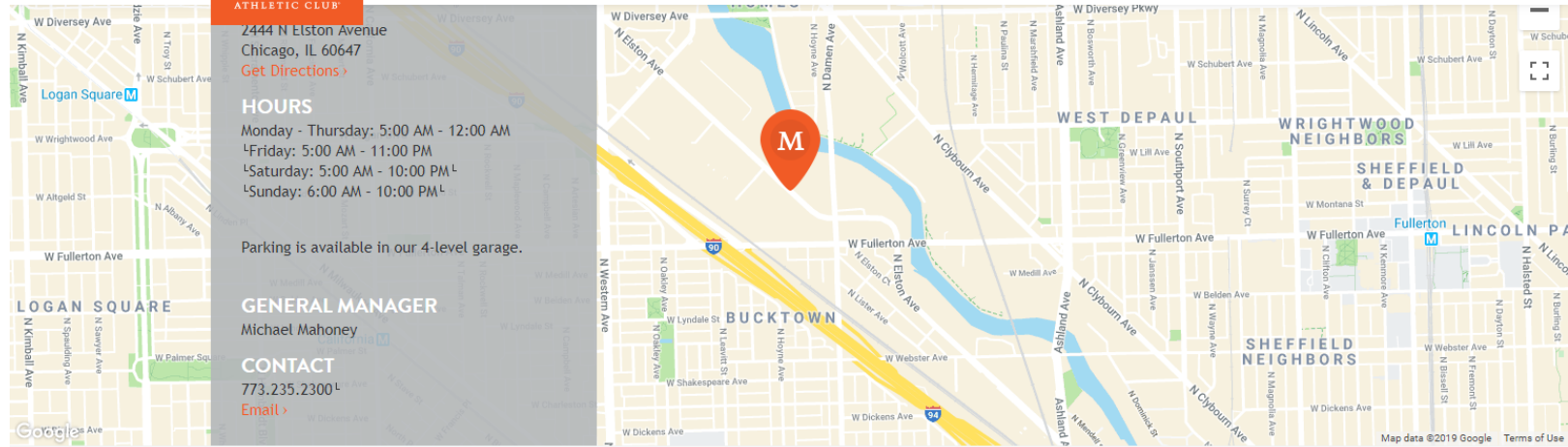




MIDTOWN ATHLETIC CLUB

BECOME A MEMBER | LOG IN

MENU



2444 N Elston Avenue  
Chicago, IL 60647  
[Get Directions >](#)

**HOURS**

Monday - Thursday: 5:00 AM - 12:00 AM  
Friday: 5:00 AM - 11:00 PM  
Saturday: 5:00 AM - 10:00 PM<sup>L</sup>  
Sunday: 6:00 AM - 10:00 PM<sup>L</sup>

Parking is available in our 4-level garage.

**GENERAL MANAGER**  
Michael Mahoney

**CONTACT**  
773.235.2300<sup>L</sup>  
[Email >](#)

## THE CLUB

Midtown Athletic Club Chicago, originally established in 1970 as Midtown Tennis Club, is Chicago's first urban sports resort with 575,000 square feet of health and wellness amenities.

## THE HOTEL

The Hotel at Midtown is for active travelers who believe in balance. Our fitness offerings may have drawn you here, but we know you still want a luxurious, beautiful atmosphere. Our design is modern and refined.

[BOOK NOW >](#)

TENNIS

FITNESS & TRAINING

MIND BODY

AQUATICS

KIDS

CHROMIUM

THE SPA

LOCKER ROOMS

THE SHOP

THE HOTEL AT MIDTOWN

NEWS

## TENNIS

Explore 16 world-class indoor tennis courts with instructional and competitive programs for adults and kids alike. Our courts feature **PlaySight**, the ultimate visual training tool to track and analyze your tennis game.

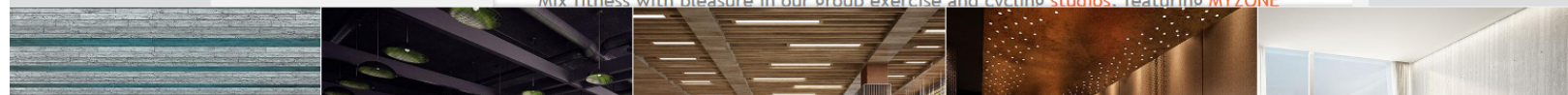
- [Adult Tennis Instruction & Competitive Programs](#)
- [Junior Tennis Instruction & Competitive Programs](#)
- [Paddle Tennis Instruction & Competitive Programs](#)
- [Cardio Tennis & Drills](#)
- [Tennis in No Time](#)
- [TennisSchools](#)
- [Tennis Explorers](#)

As a Midtown member, you can **reserve a court** up to one week in advance.

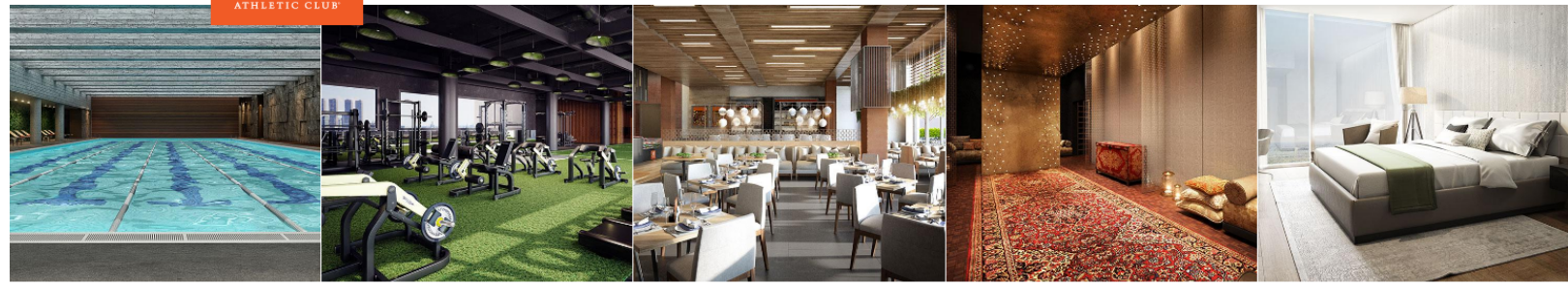
## FITNESS & TRAINING

Enjoy the very latest in **Precor** cardio and strength training equipment.

Mix fitness with pleasure in our group exercise and cycling studios, featuring **MYZONE**







## MIDTOWN NEWS

Midtown is as much about community and belonging as it is health and fitness. We believe active, social people lead happier, healthier lives.



14  
MAR  
2018

### 6 REASONS TO EAT REAL FOOD >

March is National Nutrition Month and today is National Registered Dietitian Nutrition Day. This year, National Nutrition Month is centered on the topic of going further with food. As a Dietitian, I b... [Read More](#)

6  
SEP  
2019

### THE FALL EDITION OF CHICAGO'S SPIRIT MAGAZINE IS HERE >

Our fall issue of Spirit Magazine is here, and it's packed with all the exciting events and programs we have planned for you in the coming months. Pick up your copy in the club, or read it online... [Read More](#)

## 📅 CLUB EVENTS

[All Events >](#)

### October is Theme Ride Month >

📅 Wednesday October 2, 2019 - Thursday October 31, 2019

### Women's Wellness Classes - Mommy & Me Strength >

📅 Tuesday November 5, 2019 (Today)  
🕒 12:15PM - 1:00PM

### Women's Wellness Classes - Pre/Postnatal Pilates >

📅 Wednesday November 6, 2019  
🕒 8:00AM - 9:00AM

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## CLUB EVENTS

[All Events >](#)

<b>October is Theme Ride Month &gt;</b> Wednesday October 2, 2019 - Thursday October 31, 2019 5:30AM - 7:15AM Members Only: Complimentary	<b>Women's Wellness Classes - Mommy &amp; Me Strength &gt;</b> Tuesday November 5, 2019 (Today) 12:15PM - 1:00PM Members Only: Complimentary	<b>Women's Wellness Classes - Pre/Postnatal Pilates &gt;</b> Wednesday November 6, 2019 8:00AM - 9:00AM Members Only: Complimentary
<b>Live Better Series: Sleep &gt;</b> Wednesday November 6, 2019 6:00PM - 7:15PM Members: Complimentary / Non-Members: Complimentary	<b>Women's Wellness Classes - Pre/Postnatal Pilates &gt;</b> Thursday November 7, 2019 6:45PM - 7:45PM Members Only: Complimentary	<b>TGIF - 2nd Friday Teen Mixers &gt;</b> Friday November 8, 2019 6:30PM - 8:30PM Members Only: \$20.00
<b>Cardio Tennis Games &gt;</b> Friday November 8, 2019 7:00PM - 9:00PM Members Only: \$35.00	<b>UTR Shootout &gt;</b> Saturday November 9, 2019 6:00PM - 9:00PM Members Only: \$30.00	<b>Women's Wellness Classes - Pre/Postnatal Yoga &gt;</b> Sunday November 10, 2019 4:00PM - 5:00PM Members Only: Complimentary

"Watch Jenny Maloney, Registered Dietitian at [@Midtown\\_Chi](#), on Fox 32 Chicago this week talking about sugar intake...  
<https://t.co/qTZibh1YFu>"

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LOG IN

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