MICHIGAN AVENUE ATHLETIC CLUB  
**WHERE EVERYONE IS A WINNER**

Welcome to the wonderful world of the Michigan Avenue Athletic Club. We’re a 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](http://www.ymcasouthcoast.org/)