

MIDTOWN
ATHLETIC CLUB®

BANNOCKBURN

STRONG COMMUNITIES | RESORT-LIKE ENVIRONMENTS | PERSONAL ATTENTION



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TENNIS

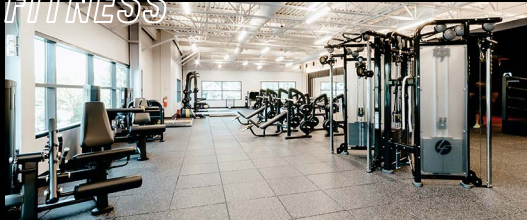


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JOIN THE COMMUNITY



- » Membership Benefits

A close-up photograph of a middle-aged Black man with a serious expression, looking directly at the camera. He is wearing a grey athletic shirt and a yellow and black wristwatch. He is holding a large, dark-colored medicine ball with a textured, geometric pattern. The background is dimly lit, showing other people in a gym or community center setting, with some horizontal light bars visible in the upper part of the frame. The overall color palette is dark with blue and purple tones.

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

WELCOME TO MIDTOWN

M



O V E



R V I

E W





Chicago 1970



Bannockburn 2020

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.

CLICK TO
SCHEDULE
A VISIT

CLUB INFORMATION

ADDRESS 2211 Waukegan Rd,
Bannockburn, IL
60651

PHONE NUMBER 847-945-1818

MIDTOWN HOURS*

Monday–Friday 5:00AM–10:00PM
Saturday–Sunday 6:00AM–9:00PM

8 INDOOR TENNIS COURTS

10 OUTDOOR CLAY COURTS

4 OUTDOOR PLATFORM TENNIS COURTS

6 BOUTIQUE STUDIOS

*Membership includes unlimited access to 150+ group fitness classes a week.***

EverybodyFights	Samadhi
The Field	Theater
Ride	Arena

INDOOR & OUTDOOR POOLS

INDOOR BASKETBALL COURT

THE SPA

THE SHOP

THE CAFÉ

KIDTOWN

2 hours of childcare per day. Reservation required.

**Subject to change, please visit midtown.com/chicago for the most up to date club hours.*

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



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

MIDTOWN'S DNA



T E N

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

MIDTOWN ATHLETIC CLUB

10
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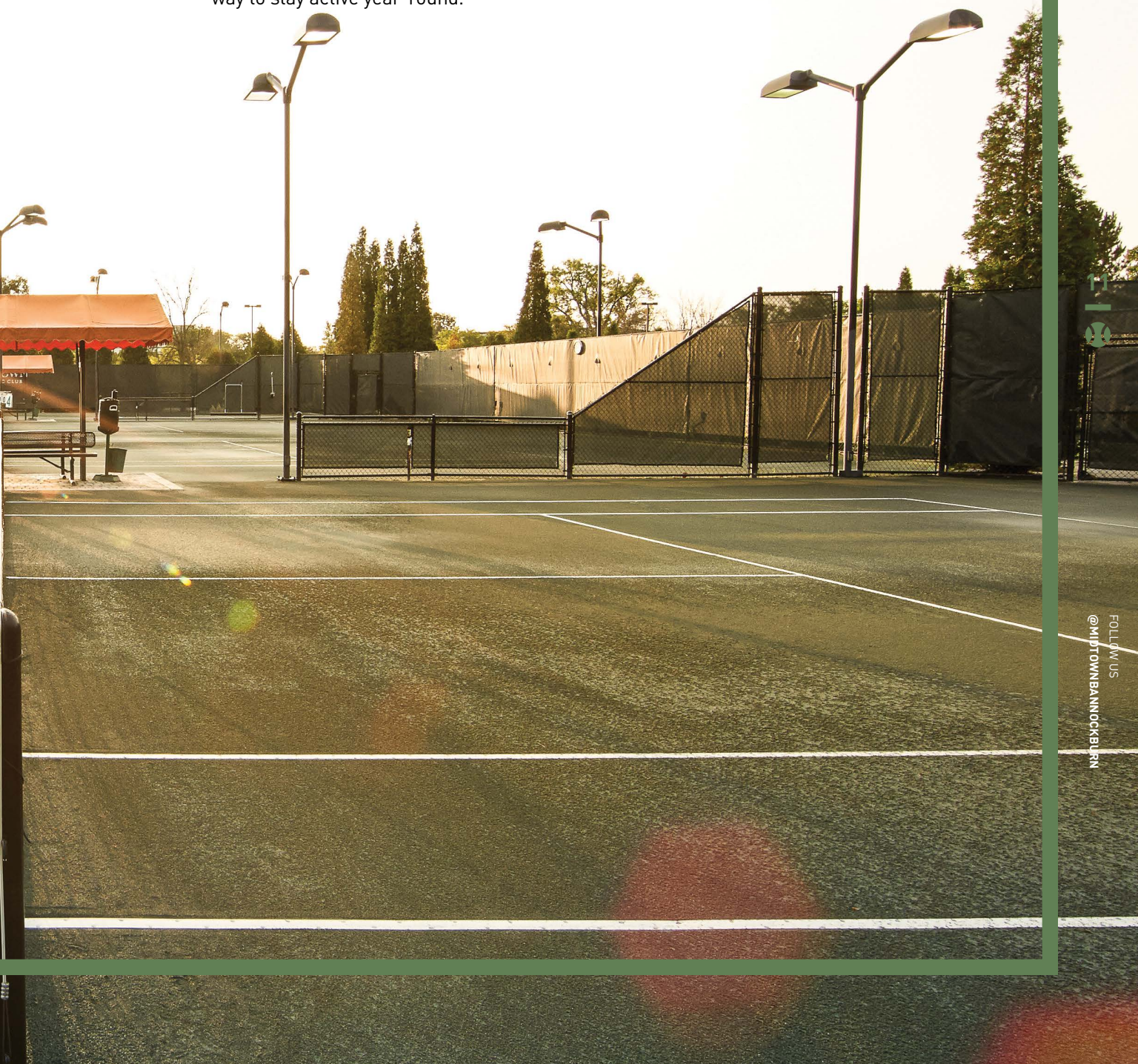


8 INDOOR COURTS & 10 OUTDOOR COURTS

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 PROGRA



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.


MS



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 woman with dark hair tied back is in a crouched position, holding a barbell with both hands. She is wearing a dark, sleeveless top and dark leggings. The scene is dimly lit with a strong blue light source from the left, creating a dramatic effect. The floor is made of dark wood planks. The text is overlaid in the center of the image.

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

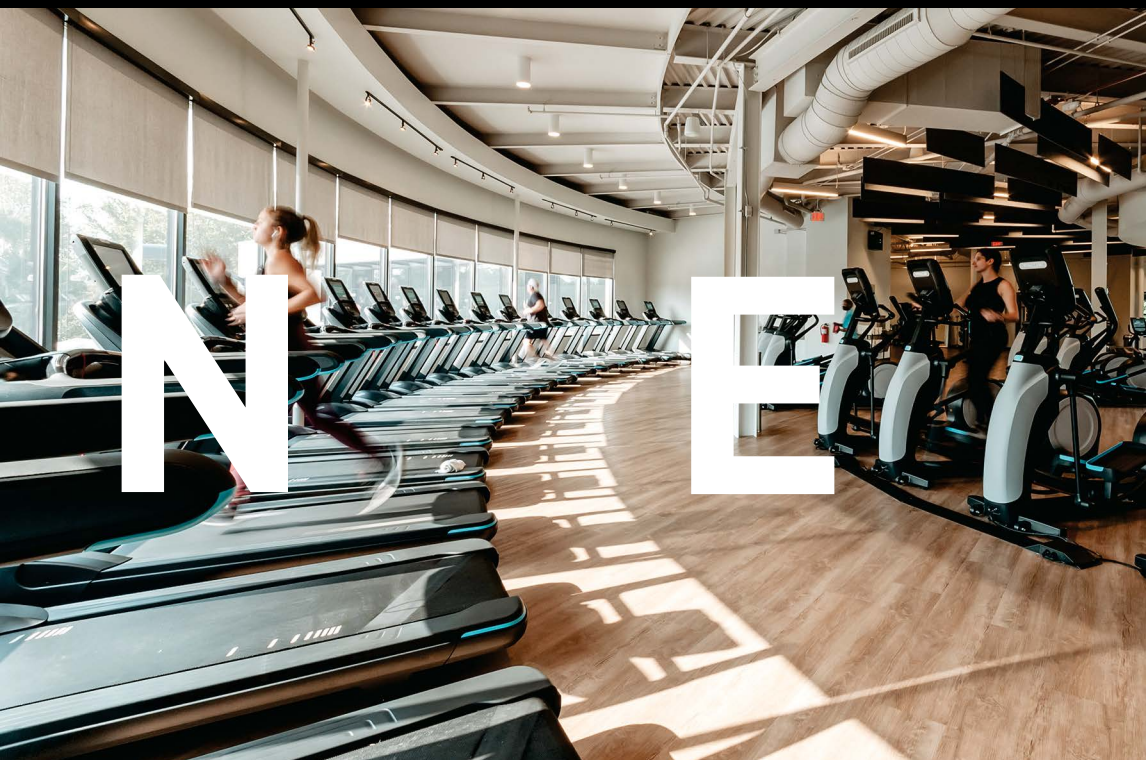
A VARIETY OF BOUTIQUE EXPERIENCES



F I T

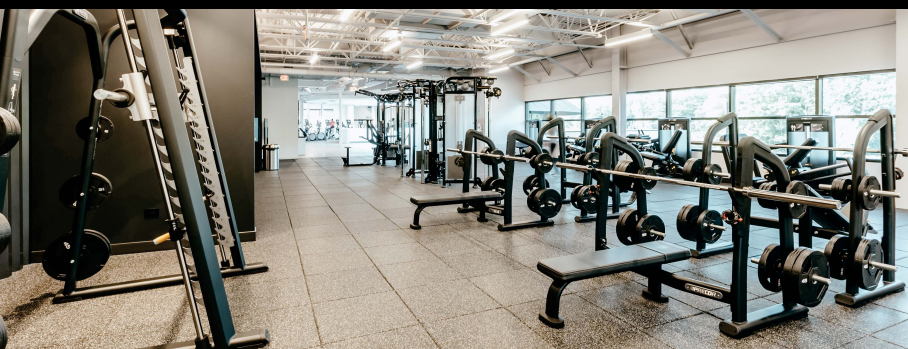


N E S



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.



CLICK FOR OUR
GROUP FITNESS
SCHEDULE

BOXING IN EVERYBODY

MIDTOWN ATHLETIC CLUB

FIGHT

20
|
#

EBF

Welcome to EverybodyFights®. Developed by George Foreman III, this boutique boxing studio uses rounds inspired by real fights to help you 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.

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ODYFIGHTS

FITNESS

CLASSES



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)

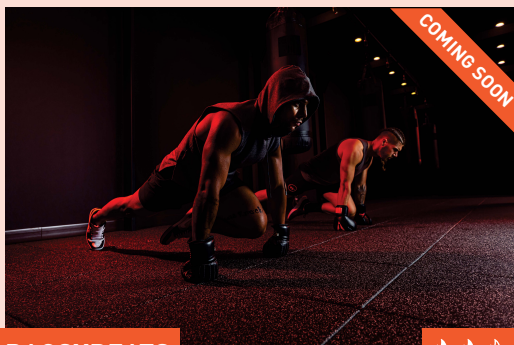


BAGSXCORE



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

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BAGSXBELTS



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

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@MIDTOWNBANNOCKBURN



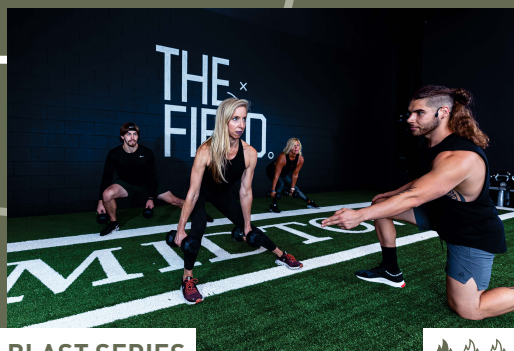
TRAIN ON THE FIELD



22



CLASSES



BLAST SERIES



Choose one of three distinct classes for upper body, lower body, or core, and get a lightning fast, focused workout. (30 minutes)



ZONED



Get a strength and cardio workout with your squad while maintaining physical distance in your dedicated "zone." Group energy. Personal space. (45 minutes)

D



THE FIELD.



FITNESS

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.

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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)



VOLTAGE

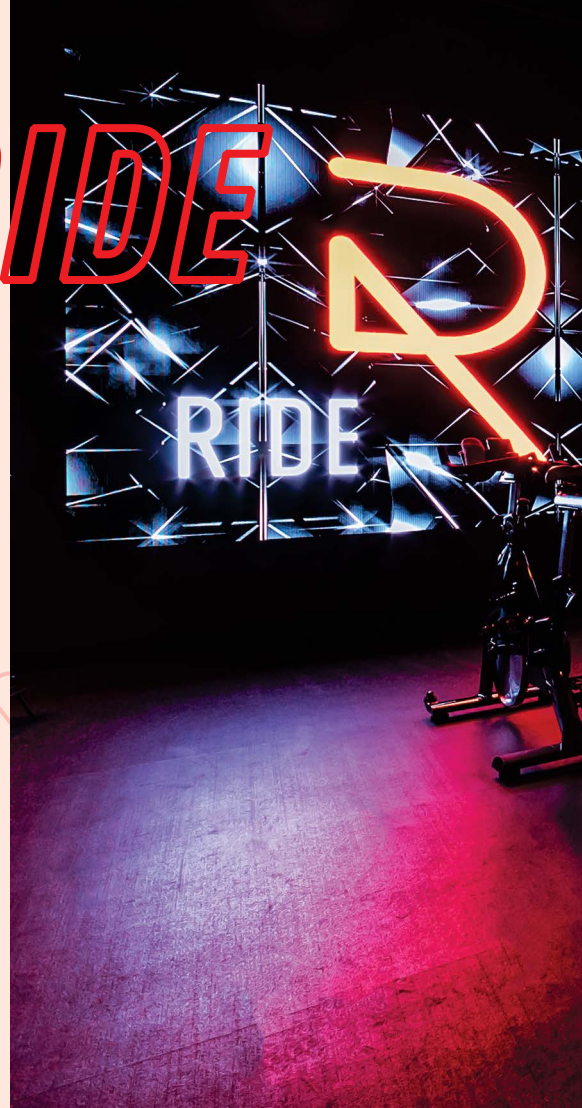
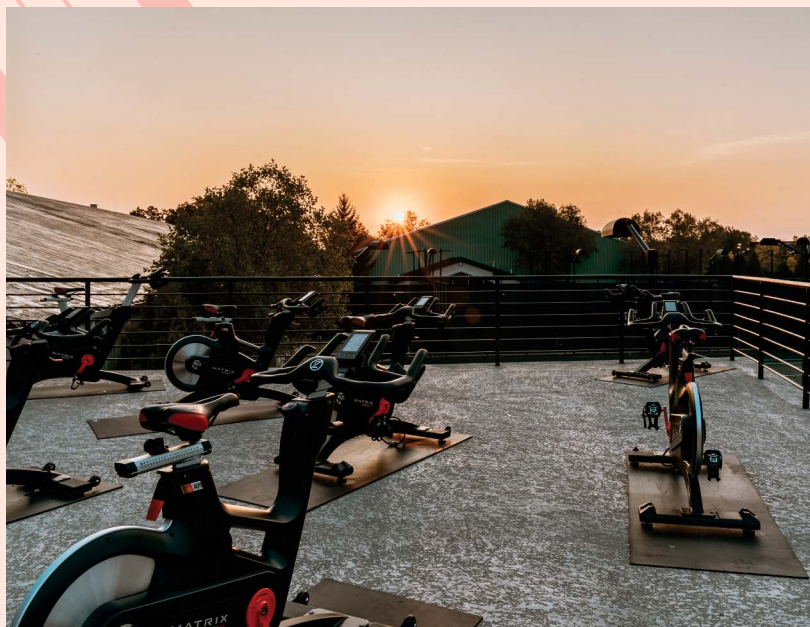


Track your heart rate and push yourself to your zone with intense workouts to maximize your effort and results. This HIIT workout is powered by science and sweat. (45 minutes)

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CYCLE IN RIDE



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CLASSES



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

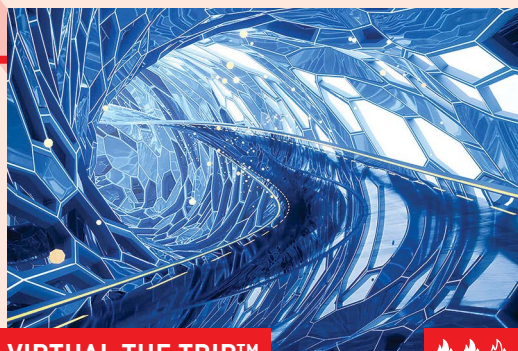


Reach peak cycling performance and track your progress from class to class in this challenging, metric-driven class. (45/60 minutes)



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.

25
|
11**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)

YOGA IN SAMADHI



MIDTOWN ATHLETIC CLUB

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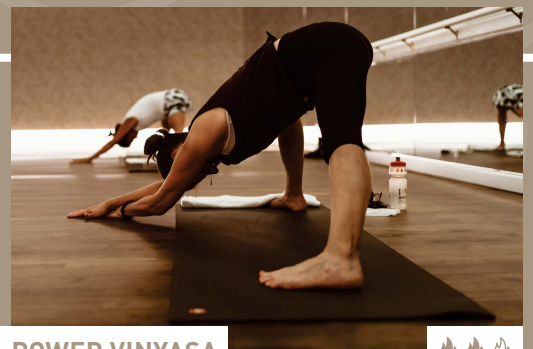
CLASSES



VINYASA



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



POWER VINYASA



This powerful yoga experience links movement and breath as it detoxifies, exhilarates, and leaves you feeling centered, strong, and rejuvenated. (60/75 minutes)

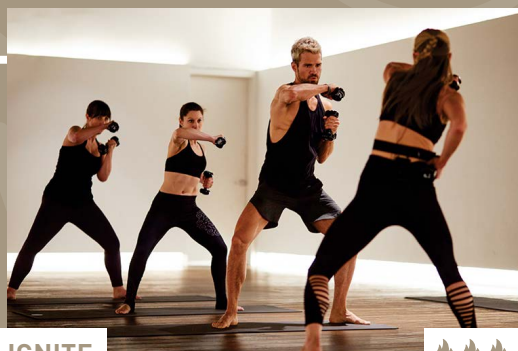
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samadhi



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.



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)

PERFORM IN THEA

MIDTOWN ATHLETIC CLUB

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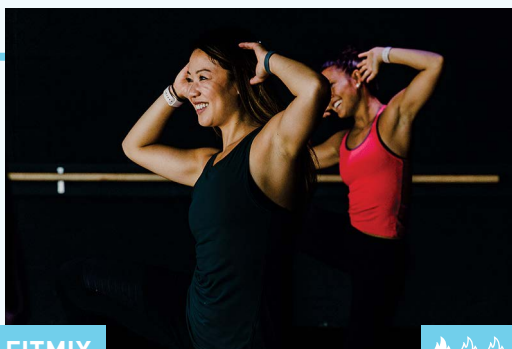
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THEATER

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.

TER

CLASSES



FITMIX



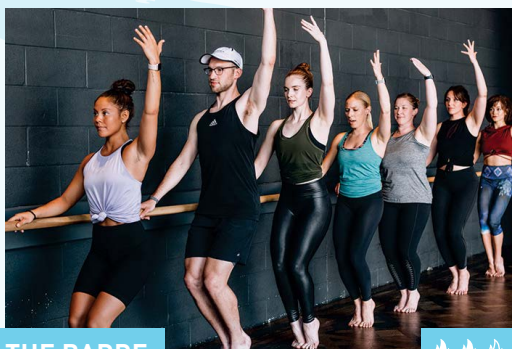
Have fun, get moving, and enjoy core, cardio, and strength workouts set to a carefully curated, themed playlist. Every song is a different workout, and every class is a new playlist. (45/60 minutes)



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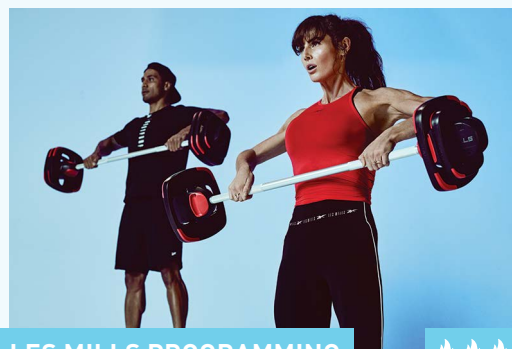
Three workouts, one instructor, no two workouts the same. Use muscle confusion to maximize your routine with alternating core, cardio, and strength workouts. (45/60 minutes)



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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SWEAT IN THE ARE

MIDTOWN ATHLETIC CLUB



ARENA

Push yourself to the limit in this intense, functional fitness studio. Build strength, speed, and endurance as you alternate between treads and floor work in a captivating, immersive space. Welcome to sweat central.


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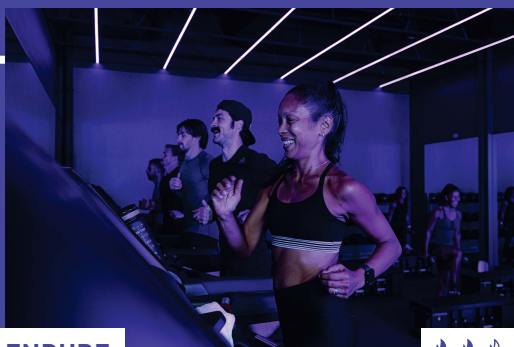


NA

FITNESS

31 | 

CLASSES



ENDURE



Join your crew to tone up and build endurance. Develop balance and stability on the floor while alternating with cardio workouts on the treads. (45 minutes)



APEX



Reach maximum strength, power, and speed through high-intensity tread and floor exercises. This is a hardcore workout, so get ready to sweat. (45 minutes)

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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 for all levels
- » Private, semi-private, and private group classes
- » Apparatus:
 - » 8 Reformers with Towers
 - » 8 EXO Chairs
 - » 8 Pilates Arcs
 - » 1 Ladder Barrel



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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 background is a dark grey gradient with a network of thick, black, diagonal lines that intersect to form a series of triangles and polygons, creating a complex geometric pattern.

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

THE MIDTOWN DIFFERENCE



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.



AMENITIES

MIDTOWN ATHLETIC CLUB



FULL ACCESS WITH A TAP

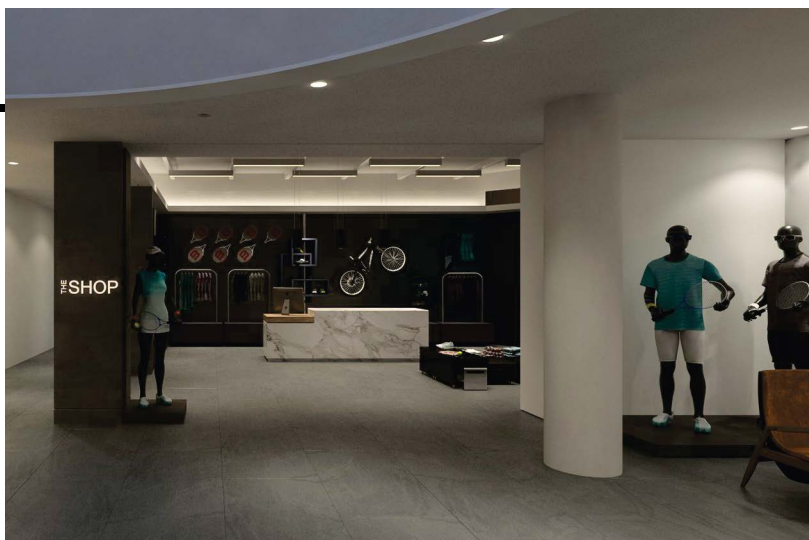
All members receive special wristbands that unlock everything in the club. By just tapping your wrist on a sensor you can enter the club, pay at the shop or cafe, access lockers, and so much more.

THE SHOP

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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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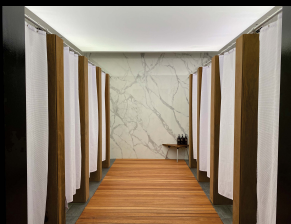


BASKETBALL COURT

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

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.



AMENITIES



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.

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CLICK FOR
SPA & SALON
MENU

FOLLOW US
@MIDTOWNBARNOCKBURN



FOOD & BEVERAGE

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. When the weather's nice, enjoy a bite on our beautiful outdoor patio overlooking the pool.



AQUATICS



OUTDOOR POOL

Soak up the sun 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. Or, try some poolside yoga or aquatic group fitness—our pool is a great place to hang out or work out.



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INDOOR POOL

Our indoor pool is open year-round for anyone craving a swim. With plenty of programs for seasoned or casual swimmers, open swim times, and lessons for all ages, a dip is never out of the question.

GROUP FITNESS

Feel the burn underwater with Aqua Fusion or H2O HIT, our pool-based group fitness experiences. Enhance your workout with the increased resistance of the water—all while your joints benefit from the low impact environment.

LEARN TO SWIM

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

FOLLOW US
@MIDTOWNBARNACKBURN



*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

MIDTOWN ATHLETIC CLUB

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.



@midtownbannockburn



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♥

FAMILY AMENITIES

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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 2 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

LIFESTYLE

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.

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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'.

FOLLOW US
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A group of young women are shown in a close embrace, smiling and laughing. The woman in the center has blonde hair tied in a ponytail and is wearing a teal tank top. She is being hugged from behind by a woman with long brown hair. To the left, a woman with dreadlocks is also smiling. In the background, another woman is visible wearing a white baseball cap with "TOWN" on it. The overall atmosphere is warm and supportive.

*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

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

FITNESS

- » Boutique studios
- » 150+ classes a week
- » Modern equipment
- » Personal training
- » Pilates

AMENITIES

- » Outdoor and indoor pools
- » Outdoor and indoor whirlpools
- » Healthy, delicious cafe
- » Steam and sauna
- » Luxurious locker rooms
- » Spa with massage, hair, nails, and more
- » Retail store
- » Basketball court

LIFESTYLE

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

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.

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CLICK FOR
PRICING



PHONE
847-945-1818

WEBSITE
Midtown.com/bannockburn

LOCATION
2211 Waukegan Rd,
Bannockburn, IL 60651