Athletics

Guests staying at the University Club of Chicago are invited to enjoy complimentary access to Athletics facilities during their stay. Please note back elevators or stairways must be used when in athletic attire. Featured amenities and hours of operation are below.

Cardio

Cardio & Squash Center

11th Floor

Get moving and enjoy a stellar view of the lakefront and Millennium Park in the Cardio & Squash Center, home to 30 pieces of cardio equipment with viewing screens. Headphones encouraged. Our equipment includes Pelotons, treadmills, ellipticals, arc trainer, rowing and stair machines, an inversion table and more. We have a full-service Pro Shop, Athletics Lounge with a flat screen TV, complimentary periodicals and honor bar.

Monday–Friday: 5 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–4:30 p.m.

Strength

Strength Training Center

12th Floor

The Strength Training Center has an array of equipment including fitness rig, weights, and stretching area. Professional, certified and experienced personal trainers are available to help members and guests achieve a wide variety of health and fitness goals.

Call to Reserve

Monday–Friday: 5 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–4:30 p.m.

Area 13 High Intensity Training Center

13th Floor

Area 13 is our functional training area with specialized equipment including cardio interval pieces, a sled push, boxing bag, and more.

Monday–Friday: 5 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–4:30 p.m.

Group Exercise

Aquatics Center & Mind | Body Studio

Lower Level

We offer a variety of group exercise classes each week at this newly renovated space, including Yoga, Pilates, Barre, Tai Chi, and more.

Registration required. Call to register.

View schedule.
Subject to change.

Call for Weekday Reservations

Call for Weekend Reservations

Monday–Friday: 5 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–4:30 p.m.

Golf

Golf Center

5th Floor (30 S. Michigan Building)

Perfect your swing with two state-of-the-art Full Swing golf simulators, featuring 51 courses. Golf instruction is available with University Club Golf Academy Director Marty Evans. Golf clubs provided.

Reservations required.

Call to Reserve

Monday–Friday: 7 a.m.–7:30 p.m.
Last reservation at 7 p.m.

Saturday–Sunday: 8:30 a.m.–4 p.m.
Last reservation at 3:30 p.m.

Squash and Pickleball

Cardio & Squash Center

11th Floor

Our squash facilities include six singles courts and one doubles court. Squash lessons are available for singles and hardball doubles from our full-time squash professionals. Use our online match-arranging system to pair up with new friends. Pickleball lessons and play is available on our doubles squash court. Non-marking shoes and eyewear mandatory.

Reservations required.

Call to Reserve

Monday–Friday: 5 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–4:30 p.m.

Swim

Aquatics Center & Mind | Body Studio

Lower Level

Featuring a five-lane lap pool, co-ed whirlpool, sauna and steam room, men's and women's locker rooms, and a family changing room. Swim lessons are available for adults and children.

Reservations required for lap swim.

Children under 18 must be accompanied by an adult.

Call to Reserve

Monday–Friday: 5 a.m.–8 p.m.
Pool closes at 7:30 p.m.

Saturday–Sunday: 8 a.m.–4:30 p.m.
Pool closes at 4 p.m.

Relax

Massage

Lower Level

Unwind and enjoy a massage with us. The Club has three experienced massage therapists who are dedicated to helping you feel your best. During a 30-, 60-, or 90- minute session, our professionals can implement a complete body massage or more targeted treatment designed to release tension, increase range of motion and prevent injury.

Reservations required. Rates vary.

Call for Weekday Reservations

Call for Weekend Reservations

Monday–Saturday

Gear

Athletics Desk & Pro Shop

11th Floor

Staff can assist with a tour or answer questions about use of facilities, equipment, services, and more. Need athletic gear or your squash racquets re-strung? Stop by our Pro Shop for branded clothing, equipment and more.

Monday–Friday: 9:30 a.m.–5:30 p.m.
Saturday–Sunday: For assistance contact staff at ext. 122.

Need help?

Contact the Athletic Department at 312.696.2265 or ext. 265.