



THE SPA AT TRUMP®  
FITNESS CLUB



## EXPERIENCE THE MOST EXCLUSIVE, LUXURY HEALTH AND WELLNESS FACILITY IN CHICAGO

Elevate your fitness regimen with unrivaled views of the Chicago River and Lake Michigan. With over 23,000 sq ft of space, The Spa at Trump & Fitness Club will allow you to maintain your healthy lifestyle with a variety of fitness classes, state-of-the-art equipment and studios.

### GENERAL FITNESS CLUB INFORMATION

- State-of-the-art equipment such as Technogym strength/cardio machines and Peloton bikes
- Variety of weekly group fitness classes
- The Spa at Trump locker rooms include a deluge shower, *dry heat sauna*, and *eucalyptus steam room*.
- 75 ft indoor heated pool
- Personal training and private lessons available for strength, cardio, aqua, dance, yoga, myofascial release and Pilates
- Month-to-month memberships available\*

\* *30 day notice to cancel.*

### FITNESS CLUB MEMBER BENEFITS

- 24-hour access to the fitness floor
- Full access to locker rooms
- Unlimited group classes
- Complimentary body composition assessment and personal training session with a Nationally Certified Personal Trainer
- 4 guest passes
- Complimentary suit and shirt press
- Complimentary use of robes and slippers
- 20% discount on The Spa at Trump treatment and services\*\*
- 10% discount on retail items found in The Spa at Trump and lobby gift shop
- 10% discount at Rebar, Terrace 16 Restaurant and Bar and in-room dining orders
- Monthly parking for only \$245

\* *For full memberships only.*

\*\* *Discount only available Monday – Thursday.*



## MONTH-TO-MONTH MEMBERSHIP

### GOLD MEMBERSHIP

\$250 per month | Initiation fee applies

*Includes standard member locker*

\$2,750 for a one year commitment when paid in full

### PLATINUM MEMBERSHIP

\$350 per month | Initiation fee applies

*Includes standard member locker, personalized laundry bags and daily laundry service*

\$3,850 for a one year commitment when paid in full

### DIAMOND MEMBERSHIP

\$500 per month | Initiation fee applies

*Includes executive locker, 60 min massage/month, 60 min private training session/month, personalized laundry bags, and daily laundry service*

\$5,500 for a one year commitment when paid in full

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## ONE-ON-ONE PERSONAL TRAINING

At The Spa at Trump, our Fitness Professionals offer specialties such as athletic training, weight loss, rehabilitation, beginner, youth, pre-natal, post-natal, flexibility, endurance, bodybuilding or just toning up. Our Fitness Foundations program will assist with:

- Improving your overall fitness
- Remaining motivated and accountable
- Working out smarter... not harder
- Exercising in a way that is flexible and convenient

Even without a personal trainer, you can still get an effective workout with our Fitness Foundations program, where you can meet with a Fitness professional and map out how you can achieve your goals independently. We offer the following training opportunities:

- Half Hour Personal Training Sessions  
*Starting at \$50 per session*
- Full Hour Personal Training Sessions  
*Starting at \$90 per session*



*To schedule a private tour please contact The Spa at Trump at [tch\\_fitnessmembership@trumphotels.com](mailto:tch_fitnessmembership@trumphotels.com) or 312-588-8020.*