



# FITNESS CENTER INFORMATION

## LOCATION

The Fitness Center is located on the 2nd Floor of 540 West Madison and is exclusively for the Tenants of 540 West Madison.

## MEMBERSHIP

Memberships begin at **\$45/month**.

General Fitness Center access including all Group Fitness Classes. To sign up for membership or for additional information visit <https://540westmadison.com/gym> or call the Management Office at (312)374-2800 or by email at [540madison@540wmad.com](mailto:540madison@540wmad.com).

## HOURS OF OPERATION

Monday through Friday: 5:00AM - 8:00PM

The Fitness Center will be closed on all building holidays.

## AMENITIES

The locker rooms at 540 Fitness offer day lockers and spa quality amenities such as towel service, and a steam shower. Vanity areas are stocked with complimentary towel service, shampoo, conditioner, body wash, razors, blow dryers, deodorant, mouthwash, cotton swabs and body lotion.

## STUDIO CLASS SCHEDULE

MONDAY: RESTORATIVE YOGA 12PM - 1PM  
TUESDAY: TOTAL BODY FITNESS 12PM - 12:45PM  
RESTORATIVE YOGA 5:15PM - 6:15PM  
WEDNESDAY: Power Yoga 11AM - 11:45AM  
TOTAL BODY FITNESS 12PM - 12:45PM  
THURSDAY: TOTAL BODY FITNESS 12PM - 12:45PM  
FRIDAY: TOTAL BODY FITNESS 11AM - 11:45AM  
POWER YOGA 12PM - 12:45PM

## WELLBEATS FITNESS ON-DEMAND

Located in our Group Fitness Room, WELLBEATS is a virtual fitness on-demand program that offers 4-12 week workout plans to help participants utilize the classes to move towards a specific goal such as stress relief or weight loss.

Workout Plans appear on the kiosk as their own unique channel and are accompanied by a workout calendar.

540 WEST MADISON EQUIPMENT LIST	
PRECOR 885 SERIES w/15in. touchscreen/TV/iPod	Quantity
Treadmill	8
Elliptical w/adjustable cross ramp	2
Elliptical w/moving handlebar and adjustable cross ramp	8
Upright bike	2
Recumbent bike	2
FREEMOTION	
Chest Press	1
Lat Pulldown	1
Dual Cable Cross	1
Leg Press/Calf Extension	1
Shoulder Press	1
Rear Delt	1
Seated Row	1
Bicep/Tricep	1
FTS Glide Functional Strength Trainer	1
Smith Machine	1
Knee Up/Dip	1
SCHWINN Spin Bike	6
Stairmaster	2
Freemotion Squat	1
CONCEPT2 Rower	2
Assorted free weights, yoga mats, and other fitness accessories.	