



Facts About Our Athletic Club

Overview: Considered the premier fitness center in the region, the Athletic Club is located in Glenwood Hot Springs Pool's historic stone bathhouse. In addition to the club's state-of-the-art fitness equipment, there is a full roster of daily classes, racquetball/handball courts, top-notch locker room facilities, and a wet room with a steam room, sauna and whirlpool. Members and day guests have unlimited access to the Glenwood Hot Springs Pool. Must be 18 years of age or older to use the Athletic Club.

Amenities:

- Whirlpool
- Sauna
- Steam room
- Full-circuit strength-training equipment
- Free weights
- Racquetball and handball courts
- Cardiovascular equipment
- Pilates, barre, spinning, yoga and numerous other fitness classes
- Certified personal trainers and instructors
- Locker rooms, towel service and amenities
- Private poolside sun deck

Daily Rates: Includes access to Glenwood Hot Springs Pool, must be 18 years of age or older.

Hours of Operation: Check out [our current hours](#).

Please visit our [Athletic Club at Glenwood Hot Springs Resort](#) page for more information.

Contact Information: Contact us by phone at 800-537-SWIM (7946) or visit us at www.hotspringspool.com.