



UNION HILL HEALTHY LIFESTYLE CHOICES

- Convenient location. For many downtown businesses an easy lunch walk away, closer than some in-house facilities on large campuses.
- Exercise with friends and colleagues for support.
- Choose the best time of day for your workout: before work, on your lunch hour or avoid the rush hour traffic and stop on your way home.
- Private dressing rooms and showers make working out anytime hassle free and convenient.
- Open 24 hours / 7 days to members.
- A great mid-day stress reliever.
- A full service club with towel service, dry cleaning drop off/pick-up.



ELEGANCE MEETS PERFORMANCE

Luxury and class, once dominant in private clubs, are the inspiration for the Union Hill Athletic Club. Revived elegance is restored in the historic Greenlease Cadillac Showroom. The original 1918 Cadillac floor, marble wainscoting and plaster detailing remain.

AMENITIES

- All new technically advanced equipment by Precor (a half million dollar investment).
- Every cardiovascular machine includes a personal viewing screen with over 70 channels.
- New Adaptive Motion Trainer from Precor. Union Hill is one of the first to offer.
- Beautiful marble tiled private shower/dressing rooms.
- Permanent locker options.
- Towel service for showers.
- Tanning bed available.
- Personal training available.
- Up to 3 secondary members at a discounted rate. Must live in the same household as the primary member and be 16 years or older.
- Customized membership to fit your lifestyle.
- Beverages and supplements available.
- Monthly newsletter and seminars to inform and motivate.
- Equipment orientation for all new members.
- ActivTrax customized workout.

MEMBERSHIP IS LIMITED AND EXCLUSIVE



CARDIOVASCULAR TRAINING

Cardiovascular exercise provides a large host of benefits such as increasing energy levels, improving heart health, managing weight, and improving over-all fitness. UHAC offers 7 treadmills, 6 elliptical, 4 bikes, and 2 brand new innovative Adaptive Motion Trainers. Each piece of cardio equipment has a private viewing screen and over 70 channels.

CIRCUIT TRAINING

Circuit training has become increasingly popular because it provides a one-stop exercise session combining cardiovascular exercise with strength training. UHAC offers 14 selectorized weight machines set up in a full body circuit targeting each major muscle group.

STRENGTH TRAINING

This type of exercise tones and shapes the body for weight loss and personal appearance. It helps prevent lifestyle diseases such as diabetes, osteoporosis and obesity and builds strength and improved balance and functionality. UHAC provides a cable crossover, smith press, free weights, selectorized machines, and a number of plate loaded machines to provide a variety of options.

FLEXIBILITY TRAINING

Regular stretching is a powerful part of any exercise program. Stretching promotes better posture, relieves stress, improved circulation and can protect you from injury. UHAC has an area designed specifically for stretching and abdominal exercises which includes stability balls, yoga mats, foam rollers and stretching bands.


PERFORMANCE MEETS FLEXIBILITY

- 24 Hour Access Yes
- Private Shower and Dressing Room Yes
- Free Garage or On-street Parking Yes
- Personalized Locker Options Yes
- Group Classes (free) Yes
- Premium Classes (some fees may apply) Yes
- Personal Training Yes
- Customized Workouts Yes
- Secondary Memberships Yes
- FREE membership to the Union Hill Athletic Club if you already belong to another club (talk to a manager for details). Yes



2900 Gillham Street • Kansas City, MO 64108 • 816.777.5900
www.UnionHill.com • Info@UnionHill.com

24 HOURS • 7 DAYS A WEEK MEMBER ACCESS



UNION HILL ATHLETIC CLUB

A Private Club

FREE TRIAL
 PLUS Monthly Memberships Starting at
\$29*

*Our policy of continual attention to design and construction requires that all specifications, equipment, dimensions, programs and prices are subject to change without notice. Applicable taxes if any will apply.