

EXPERIENCE A WELLNESS CENTER THAT PROVIDES THE PERFECT BALANCE OF PAST, PRESENT, AND FUTURE.

Located in a historic building in St. Louis once used as a recreational space, Locust St. Athletic and Swim Club pays homage to its roots and reimagines the meaning of fitness and wellness.

Our team of experts have crafted a specialized blend of offerings including personal and group training, swim lessons, and spa services to bring you a modernized approach to traditional methods of movement and recovery.



ABOUT THE ATHLETIC AND SWIM CLUB

HOURS | The Fitness Center is staffed Monday-Friday from 9:00 AM to 9:00 PM and Saturday-Sunday from 8:00 AM to 4:00 PM. Key Fob access is available 24/7 for members and hotel guests for the fitness area.

DRESS CODE | Clothing manufactured for fitness is required for men, women, and children. Denim, Bermuda shorts, and cutoffs are not permitted. Running shoes or any other type of training shoe must be worn. Please advise your guests of our dress policy.

AQUATICS | Available during staffed hours of operation.

SPA TREATMENTS | Available during staffed hours of operation, starting at 6:00 AM daily.

ARRIVALS | Please arrive ten minutes prior to your scheduled spa appointment or fitness sessions.

CANCELLATIONS | We kindly request that cancellations or changes to appointments be made at least 24-hours in advance for single services and 48-hours in advance for multiple services. No-shows will be charged in full.

PERSONAL PROPERTY AND VALUABLES | Please do not bring or leave valuables in the facility or lockers. We are not responsible for any lost or stolen items, including jewelry or other personal property.

AGE RESTRICTIONS | Fitness Center members 14 years of age or younger must always be accompanied by an adult.

TO SCHEDULE A PRIVATE TOUR,
PLEASE CONTACT INFO@LOCUSTSTREETATHLETIC.COM.

LOCUST ST. ATHLETIC AND SWIM CLUB 1528 LOCUST STREET ST. LOUIS, MO 63103

LOCUSTSTREETATHLETIC.COM   [LOCUSTSTREETATHLETIC](https://www.instagram.com/LOCUSTSTREETATHLETIC)



THE JOURNEY TO WELLNESS STARTS HERE.



LOCUSTSTREETATHLETIC

FACILITY HIGHLIGHTS

ATHLETIC AND SWIM CLUB AMENITIES

Members and guests of Locust St. Athletic and Swim Club can look forward to a variety of upscale amenities within our spaces, including:

STATE-OF-THE-ART STRENGTH AND CARDIO EQUIPMENT

INDOOR AND OUTDOOR SPACES FOR GROUP EXERCISE, PERSONAL TRAINING, AND SMALL-GROUP TRAINING

HISTORIC 4-LANE LAP AND INSTRUCTIONAL POOL

MONTHLY MEMBER APPRECIATION EVENTS AND QUARTERLY PUBLIC SOCIAL EVENTS

LOCKER ROOMS

SAUNA AND STEAM ROOMS

TWO SPA TREATMENT ROOMS

GOOD PRESS CAFE FEATURING COFFEE, SNACKS, AND PROTEIN SMOOTHIES WITH 1ST PHORM

LSAC BRANDED MERCHANDISE



FITNESS AND SPA

PERSONAL TRAINING

Our private personal training sessions provide customized workouts that are specific to your goals. Your program will begin with a thorough fitness assessment that will allow our trainers to understand your unique needs. Training is available in 30-minute or 60-minute sessions.

SMALL-GROUP TRAINING

Get fit with friends in our group training program. Training with others helps to maximize the benefits of your training sessions, increases commitment to a regimen, and will provide an added layer of fun to your fitness journey. Sessions are 45-minutes and have a max of 4 individuals.

MASSAGE

Unwind and recharge with one of our massage treatments. Our menu was designed to help members reduce stress, recover faster from workouts, and leave feeling relaxed. Book your treatment and elevate your massage with one of our add-ons.

TREATMENTS

- Custom Massage
- Deep Tissue Massage
- Sports Massage
- Therapeutic Massage
- Swedish Massage

ENHANCEMENTS

- Aromatherapy
- Body Butter Application
- Exfoliating Foot Scrub
- Dry Brush Exfoliation
- Scalp Therapy

MEMBERSHIPS

CORE MEMBERSHIP

Includes 24/7 access to the facility, a limited number of complimentary guest passes per month, a new member welcome gift, a new member orientation with one of our personal trainers, and complimentary access to our ArchDigital fitness and wellness app.

INDIVIDUAL | \$119 PER MONTH | \$99 INITIATION

PREMIER MEMBERSHIP

Includes all benefits of Core Membership, plus advance invitation to tastings and exhibits, 10% discount on hotel food and beverage, event rentals, massage and personal training services, priority booking for group fitness classes, and 2 free nights per year at the 21c Museum Hotel St. Louis, plus 10% off per night thereafter.

INDIVIDUAL | \$159 PER MONTH | \$299 INITIATION

All memberships are month-to-month and require 30-days notice for cancellation.

