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# Life Time and Silverstein Properties to Partner at Brooklyn Tower

*Crown Jewel Life Time Athletic Country Club will be the largest location in Brooklyn; Spanning seven levels and occupying approximately 80,000 square feet*

NEW YORK, March 11, 2025) /PRNewswire/ -- [Life Time](#) (NYSE: LTH), the nation's premier healthy lifestyle brand, and [Silverstein Properties](#), a leading real estate investment, development and management firm, today announced an agreement that will bring Life Time's unparalleled health and wellness experience to the iconic Brooklyn Tower at 9 Dekalb Avenue.

Plans for a Life Time at 9 Dekalb were initially shared in 2022, and Life Time has since collaborated with new Brooklyn Tower owner, Silverstein Properties, on an elevated and redefined athletic country club. It will be Life Time's largest location in Brooklyn at approximately 80,000 square feet.

"As we continue to expand our presence in New York City, we're thrilled to work with the Silverstein team on this iconic development. This will be yet another crown jewel in our large and growing portfolio of athletic country clubs in North America," said Parham Javaheri, Life Time President of Club Operations and Chief Property Development Officer. "This destination will be unmatched in offerings, and we look forward to delivering our incomparable healthy living, healthy aging and healthy entertainment experiences to residents and the surrounding community."

Life Time Brooklyn Tower will cover seven floors throughout the soaring 1,066-foot-tall building, providing residents and members with a holistic experience focused on recovery, rejuvenation and socializing. In addition, Life Time's premier programming with exclusive studio classes, dynamic personal training and best-in-class strength and fitness offerings and amenities will be front and center.

Highlights include:

- Rooftop pool with resort-like seating and bar to create an oasis in the city
- Co-ed wet suite featuring indoor lap pool, cold plunge, steam room and sauna
- Luxury spa with red light therapy, IV therapy and massage
- Coworking and library spaces
- Dedicated group fitness studios for barre, cardio, Pilates and yoga
- Elite strength and functional training spaces, including Life Time's signature ALPHA, GTX and UltraFit zones, and expansive fitness and cardio equipment

"As the new owner of Brooklyn Tower, Silverstein Properties is committed to a successful completion of the project which includes ensuring that residents will continue to expect Life Time's unparalleled health and wellness experience as one of the building's suite of exceptional amenities," said Shawn Katz, President of Silverstein Capital Partners.

Brooklyn Tower integrates the historic Dime Savings Bank of Brooklyn into its design and features 143 luxury condominiums and 398 rental residences. Life Time Brooklyn Tower is expected to open in the second half of 2026, marking another milestone in the brand's continued expansion in New York City, where nine athletic country clubs currently operate. Additional information will be provided as the project progresses.

A [waitlist](#) has been established for people interested in learning more and to receive updates on Life Time Brooklyn Tower. For more information about Life Time in New York City, visit [lifetime.life/nyc](https://lifetime.life/nyc) or follow [@lifetime.nyc](#) on Instagram. More information can be found on Life Time's [existing](#) and [coming soon](#) pages about locations. People can also follow Life Time on social media at [Facebook](#), [Instagram](#) and [LinkedIn](#).

## **About Life Time**

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of more than 175 athletic country clubs across the United States and Canada, complimentary, comprehensive healthy way of life app and nearly 30 of the most iconic athletic events in the country. The health and wellness pioneer uniquely serves people 90 days to 90+ years old through its healthy living, healthy aging, healthy entertainment communities and ecosystem, along with a range of healthy way of life programs and information, and the most trusted LTH nutritional supplements and products. Life Time was recently certified as a Great Place to Work<sup>®</sup>, reinforcing its commitment to fostering an exceptional workplace culture on behalf of more than 42,000 dedicated team members.

## **About Silverstein Properties**

Silverstein Properties owns and operates an extensive real estate portfolio valued at over \$18 billion and has developed, owned and managed more than 45 million square feet of office, residential, hotel, retail and mixed-use properties throughout the country. Silverstein is widely known for the transformative redevelopment of the World Trade Center and has developed highly successful luxury residential properties throughout New York City, including Four Seasons Downtown Residences at 30 Park Place, One West End, Silver Towers, River Place, Hearthstone, and 55 Broad Street. For more information on Silverstein Properties, please visit [www.silversteinproperties.com](https://www.silversteinproperties.com), <http://www.wtc.com> and [www.inspireyourday.com](https://www.inspireyourday.com).



# SILVERSTEIN PROPERTIES

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