

July 14, 2015



# Life Time Expands Presence into Massachusetts with July 20 Opening of Life Time Athletic Westwood

*Boston-area's first Healthy Way of Life destination creates more than 300 jobs; offers a broad array of interest-driven programs, services and amenities for all ages and families*

Life Time Fitness, Inc.:

This Smart News Release features multimedia. View the full release here:

<http://www.businesswire.com/news/home/20150714005378/en/>



Rendering of Life Time Athletic Westwood. (Photo: Life Time Fitness)

**WHAT:** Advancing its commitment to improve the health of communities with a unique approach to health and wellness, [Life Time – The Healthy Way of Life Company](#)<sup>SM</sup> today announced its expansion into Massachusetts with the July 20 opening of its first destination in the Boston area.

Life Time Athletic Westwood at University Station will celebrate with a grand opening ribbon cutting and preview event for Founder's Members and the media on July 14, followed by the official opening to all members on Monday, July 20.

**Highlights of the new 170,000-square-foot destination include:**

- Indoor and outdoor aquatics center with zero-depth entry pools, lap pools and water slides
- Five dedicated group exercise, cycle, Pilates and LifePower Yoga studios
- 400 pieces of best-in-class cardiovascular and resistance training equipment
- Two full-size indoor basketball courts, featuring Ultimate Hoops leagues and training programs
- Life Time's proprietary "Core 3 – Life Time Training Method," a science-based approach for long-term health and wellness success led by the industry's most highly certified fitness professionals
- Life Time Kids Academy, a unique membership program designed especially for kids from three months to 11 years, led by handpicked, certified experts (Life Time "gurus") committed to childhood development. Classes include everything from Spanish immersion and tumbling to music and karate.
- [LifeSpa](#), offering full-service hair, nail and skin care services and therapeutic massage, along with the latest MediSpa treatments
- [LifeCafe](#), serving healthy food and beverages free of trans fats, bleached flours, and artificial flavors, colors, preservatives and sweeteners
- No long-term membership contracts / Complimentary towel and locker service

**WHEN:** Tuesday, July 14 at 6:00 p.m.  
Ribbon cutting and preview celebration

Monday, July 20 at 4:00 a.m.  
Official opening to all Life Time members

**WHERE:** Life Time Athletic Westwood at University Station  
44 Harvard Street, Westwood, MA

**IMAGES /  
VISUALS:**

- Media invited for sneak peek previews July 14th for video and photography
- Media invited for Ribbon Cutting event on July 14 and anytime thereafter
- Life Time experts available for any health, fitness and nutrition commentary

**About Life Time Fitness, Inc.**

Life Time – The Healthy Way of Life Company<sup>SM</sup> offers a comprehensive, personalized and scientific approach to long-term health and wellness through its portfolio of distinctive lifestyle destinations, athletic events and total health assessments. As of July 14, 2015, the company serves more than 1 million members at its 117 centers under the LIFE TIME FITNESS<sup>®</sup> and LIFE TIME ATHLETIC<sup>®</sup> brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](http://lifetimefitness.com).

View source version on businesswire.com:

<http://www.businesswire.com/news/home/20150714005378/en/>

**For Life Time Fitness, Inc.**

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Source: Life Time Fitness, Inc.