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Life Time Opens First Location in Boulder, Colorado with May 27 Grand Opening

Year-round outdoor pool, elite training spaces and more at Twenty Ninth Street Shopping Center

BOULDER, Colo., May 27, 2025 /PRNewswire/ -- Life Time (NYSE: LTH), the nation's premier healthy lifestyle brand, announces the opening of its highly anticipated [Life Time Boulder](#) athletic country club on Tuesday, May 27. Located in Central Boulder at 1821 30th Street within the Twenty Ninth Street shopping center, the new 52,000-square-foot (36,000 indoors) destination marks the company's eighth location in Colorado.

Life Time Boulder will be a cornerstone of the open-air, mixed-use lifestyle center that includes sought-after shopping, dining and entertainment, plus office uses, just minutes away from the University of Colorado Boulder.

"Boulder is home to one of the most passionate and performance-driven fitness communities in the country," said Jarod Cogswell, Club Leader at Life Time Boulder. "We've designed this club as a destination for elite athletes and everyday achievers alike, offering the luxurious amenities and best-in-class programming Life Time is known for, all under one roof."

Colorado's newest destination covers all things healthy living, healthy aging and healthy entertainment, including:

- An outdoor, six-lane lap pool with stunning views of Boulder's iconic Flatirons mountain range. The heated pool is open year-round for training, master's swim and swim teams and open swim.
- An indoor, three-lane lap pool for swim lessons and lap swimming along with a rejuvenation suite including a cold plunge, whirlpool, sauna and steam room.
- An expansive workout floor with best-in-class cardio equipment, resistance-training machines and free weights. There's also a dedicated recovery space with Hydromassage and CyroLounge, Normatec compression technology, percussion devices, metabolic testing, recovery treatments and nutrition coaching.
- Three boutique-style studios: One for yoga and barre, one for Pilates with eight reformers, and one for cycle and Life Time's ALPHA, GTX and Ultra Fit signature classes.
- A Life Time Kids Academy where kids can play, as well as a toddler area. Kids aged three months to 11 years can learn, play and grow with engaging and enriching age-specific programming and classes. Parents may use up to two hours of child care per day included with a Junior Membership.
- A LifeCafe serving healthy smoothies, coffees and meals-to-go. An outdoor bistro will also serve healthy poolside meals during the summer.

Life Time Boulder follows the April 2024 opening of Life Time Denver West. Other Colorado locations include Centennial, Cherry Creek, Colorado Springs, Flatirons, Parker and

Westminster.

For more information on the latest Life Time locations coming soon, [click here](#). For a listing of current Life Time locations, [click here](#).

Follow along at [LifeTime.Life](#) on Facebook and on Instagram at [@LifeTime.Life](#) and on [LinkedIn](#).

About Life Time

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of more than 180 athletic country clubs across the United States and Canada, the complimentary, comprehensive Life Time 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 highly trusted LTH nutritional supplements and products. Life Time was recently certified as a Great Place to Work[®], reinforcing its commitment to fostering an exceptional workplace culture on behalf of its more than 43,000 dedicated team members.



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