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# Life Time to Bring Jillian Michaels BODYSHRED Class to Destinations Nationwide

*Jillian to certify instructors in BODYSHRED at EMPOWER! Group Fitness events produced by Life Time; Life Time to offer BODYSHRED in 32 markets throughout 2015*

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Adding to its expansive list of more than 60 group fitness class offerings, [Life Time – The Healthy Way of Life Company](#)<sup>SM</sup> (NYSE: [LTM](#)) today announced the addition of Jillian Michaels BODYSHRED™ to its Group Fitness Featured Format lineup. As a Feature Format, Jillian Michaels BODYSHRED class will debut in multiple clubs starting in April and roll out to all of Life Time's 32 markets throughout 2015.



Jillian Michaels leads BODYSHRED (Photo: Empowered Media)

Each month, Life Time Group Fitness programming engages members in more than one million workouts across its 114 clubs, led by the most certified and sought-after instructors. Jillian Michaels BODYSHRED will offer Life Time members a unique 30 minute, high-intensity 3-2-1 approach to whole body circuit

training: 3 minutes of strength, 2 minutes of cardio and 1 minute of core. The class is designed to deliver maximum calorie burn in minimal time, accelerating metabolism and results in fat loss, muscle definition, enhanced athletic performance and transformed physique.

"We know many of our busy members connect with Jillian Michaels and desire to have quick, efficient and effective workouts that fit into their busy lifestyles," says Rob Glick, director, Life Time Group Fitness Feature Formats, Life Time Fitness. "Adding Jillian Michaels BODYSHRED to our lineup provides our members a quick, athletic, heart pounding workout they can complete in just 30 minutes adding a unique differentiator to our robust lineup of mostly 45 minute to 1 hour group fitness classes."

As part of Life Time's EMPOWER! Fitness events which certify Life Time Group Fitness

Instructors in the latest and greatest group fitness formats available, Jillian will be present at select clubs to certify instructors in Jillian Michaels BODYSHRED and also to bring the BODYSHRED experience to life for Life Time members and non-members who wish to attend. Jillian's upcoming EMPOWER! appearances include:

Event	Date	Location	BODYSHRED™ Master Class
<a href="#">EMPOWER! Dallas</a>	April 16-19	Life Time Fitness Colleyville 1221 Church Street Colleyville, TX 76034	April 17 6:30 – 7:30 p.m.
<a href="#">EMPOWER! Columbus</a>	May 15-17	Life Time Fitness Dublin 3825 Hard Road Dublin, OH 43016	May 14 6:30 – 7:30 p.m.
<a href="#">EMPOWER! Minneapolis</a>	Sept. 17-20	Life Time Athletic St. Louis Park 5525 Cedar Lake Road St. Louis Park, MN 55416	Sept. 18 6:30 – 7:30 p.m.

“Life Time has a reputation of offering its members the most sought-after health and fitness programming available in terms of group fitness, individual training, programs and activities for the whole family – you name it,” says Jillian Michaels, Empowered Media. “We’re thrilled about the opportunity to bring a cutting-edge group fitness program like BODYSHRED to a company that values quality, unique and effective group training.”

For more information Life Time Group Fitness programming, visit [lifetimefitness.com/groupfitness](http://lifetimefitness.com/groupfitness) or download the [Life Time Group Fitness app](#) available for both Android and iPhone. For more information on Jillian Michaels BODYSHRED please visit [jillianmichaelsbodyshred.com](http://jillianmichaelsbodyshred.com).

### **About Life Time Fitness, Inc.**

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest — or discovering new passions — both inside and outside of Life Time’s distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company’s Healthy Way of Life approach enables members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of April 1, 2015, the Company operates 114 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](http://lifetimefitness.com).

### **About Jillian Michaels BODYSHRED™**

“Jillian Michaels BODYSHRED™,” a high-intensity, holistic, resistance and endurance based 30-minute group exercise class. Based on Michaels’ unique “3-2-1” interval training approach, the BODYSHRED method combines 3 minutes of strength with 2 minutes of cardio and 1 minute of core work in a circuit format for 30 minutes of athletic and metabolic conditioning. The cutting edge group exercise class explores the scope of movement possibilities to maximize athletic performance and metabolic potential, increasing calorie burn both during and after the workout. Jillian Michaels BODYSHRED™ group exercise classes are currently offered in several gyms in San Francisco & San Jose, CA, Los Angeles & Orange County, CA, New York, NY, Washington, DC, Dallas, TX, Chicago, IL, Minneapolis, MN and Boston, MA. The BODYSHRED team continues to offer trainer

certification programs in U.S. cities, allowing fitness professionals to share the dynamic experience with their clients. For more information, please visit [jillianmichaelsbodyshred.com](http://jillianmichaelsbodyshred.com).

Photos/Multimedia Gallery Available:

<http://www.businesswire.com/multimedia/home/20150401005099/en/>

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