

May 4, 2018



Calling all Moms! Experience a Weekend of Activities Especially for You at Life Time!

Life Time Celebrates Mom with Exclusive, Mom-Themed Studio Classes and Gifts

CHANHASSEN, Minn., May 4, 2018 /PRNewswire/ -- Moms seeking a well-deserved, healthy dose of rejuvenation and relaxation are invited to visit all Life Time destinations across North America this Mother's Day weekend, May 12-13. It's Life Time's way of putting Mom in the Moments by opening its doors to all moms (and moms-to-be) with special themed classes and exclusive gifts.

"Families are an incredibly important part of our Life Time culture and mom generally is at the center of it all," says Jeff Zwiefel, EVP and Chief Operating Officer, Life Time, Inc. "These special women deserve to be celebrated for their selfless commitment, and we invite moms, grandmothers and moms-to-be to enjoy exclusive classes, programs, pampering and more – because we aim to help all moms champion healthy, happy lives."

On Saturday, May 12, Life Time will feature four mom-themed classes:

- Yoga & Extended Scalp Massage
- Mat Pilates
- Cycle Signature Sampler
- Studio Signature Sampler

For dads and children looking for the perfect gift for mom, a special array of options will be available [online](#), from LifeSpa gift cards to Pamper and Rejuvenation Packages, to private tennis lessons, Pilates sessions and more. Offers may vary for members and non-members, and additional offers are available in-club.

Through Sunday, May 13, Life Time moms can also take advantage of special kids offers, including BOGO Parents Night Out events, kids tennis programs and more.

More information on all of Life Time's Mother's Day offerings, including gifts and class schedules, is available online at www.mylt.life/events/mothers-day.html.

About Life Time®—Healthy Way of Life

Life Time champions a healthy and happy life for its members across 134 destinations in 38 major markets in the U.S. and Canada. As the nation's only Healthy Way of Life brand, Life Time delivers an unmatched athletic resort experience and provides a comprehensive healthy living, healthy aging and healthy entertainment experience that goes well beyond fitness to encompasses the entire spectrum of daily life for individuals, couples and families of all ages. For more information visit www.lifetime.life.



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