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Life Time Chappaqua Announces February 8 Opening for Members at 5:00 am

Exclusive VIP event set for 6:00 p.m. Feb. 7; Nearly 200 new jobs created to inspire healthy, happy lives for all ages at new athletic destination

CHAPPAQUA, N.Y., Jan. 31, 2019 /PRNewswire/ -- Life Time is set to transform the healthy living landscape in northern Westchester County, New York with the opening of [Life Time Chappaqua](#) at Chappaqua Crossing. An exclusive, member grand opening celebration to showcase its spaces, programs and team members will take place at 6 p.m. on Thursday, February 7 with tours, class demonstrations, food sampling and kids' entertainment. The club will open to all members at 5 a.m. on Friday, February 8. The new Chappaqua destination, located at 480 Bedford Road, has created nearly 200 new positions to serve members in a variety of full and part-time roles.



"Our entire focus is to help people live healthy, happy lives and this unique destination furthers the positive health impact we will have throughout Chappaqua and the New Castle community," said Mike Spiegel, Life Time General Manager. "We are thrilled with our continued growth within Westchester County and Greater New York and look forward to serving the community and our members with a broad array of health, wellness, nutrition, relaxation and entertainment services and programs."

With modern architecture—and a nod to local history, beautiful spaces and an abundance of amenities, the 42,000-square-foot Life Time footprint provides a highly-personalized, ultra-luxury approach to health and wellness with a host of amenities on two floors. Highlights of the Diamond Premier-level club include:

- Dedicated studios for exclusive [group fitness, cycle, yoga and Pilates](#) programming; one-on-one and small group [GTX and Alpha Training](#)
- More than 200 pieces of best-in-class cardiovascular and resistance training equipment

- Metabolic assessments and nutrition coaching
- A dedicated [Kids Academy](#), for kids ages three months to 11
- [LifeCafe](#), a nutrition-focused fast-casual restaurant featuring a full menu, Meals to Go and grab and go assortments, along with Peet's coffee, proprietary nutritional supplements and more
- [LifeSpa](#), a full-service salon and spa for hair, body and nails
- Luxurious dressing rooms with whirlpools, saunas, steam rooms and complimentary towels and lockers

Life Time Athletic Chappaqua will be open Monday through Friday from 5 a.m. to 11:00 p.m. and Saturday and Sunday from 6:30 a.m. to 11:00 p.m. A range of membership options are available for individuals, couples and families. For more information, please call 914.296.6000 or visit their [website](#).

The club marks the 142nd Life Time destination in North America and the second in Westchester County. Other Life Time destinations in the area include Garden City, Sky in Manhattan and Syosset in New York and Bergen County, Berkley Heights and Florham Park in New Jersey.

About Life Time® – Healthy Way of Life

Life Time champions a healthy and happy life for its members across 141 destinations in 39 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 encompass the entire spectrum of daily life for individuals, couples and families of all ages.

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