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# Fifth Annual Ride of a Life Time Fundraiser Returns March 8 with Even More Ways to Move to Benefit Children's Health

*Annual charity event at Life Time destinations benefits Children's Miracle Network Hospitals® and local schools and conservation efforts nationwide via the Life Time Foundation; aims to top \$1.5 million in 2025*

CHANHASSEN, Minn., Feb. 13, 2025 /PRNewswire/ -- Life Time (NYSE: LTH), the nation's premier healthy lifestyle brand, is hosting its annual [Ride of a Life Time](#) charity indoor workout event at Life Time destinations nationwide on March 8. As it celebrates the fifth year of raising funds for Children's Miracle Network Hospitals and the Life Time Foundation, the event is expanding beyond cycling to include Life Time's other group classes and mashups of its Signature Training formats.



More than 160 Life Time destinations across the country will kick off ROALT in their 9:00 a.m. local time zone with an energy and excitement that brings together people of all ages and abilities committed to improving children's health.

"Ride of a Life Time is a powerful way to move with purpose," said Sarah Emola, Director of the Life Time Foundation. "By expanding the event to feature a variety of movement formats, we aim to engage even more participants in creating a lasting impact for children at pivotal moments in their lives, while helping to build a healthier, brighter future for generations to come."

This year's Ride of a Life Time event will bring incredible experiences to clubs nationwide, blending workouts, social events and more. Each club will activate in its own way, offering engaging opportunities to sweat and raise funds, with 100% of the proceeds supporting the

two causes.

Participants of all fitness levels can look forward to an unforgettable experience featuring a variety of workout options. These include cycling classes, class crawls of Life Time's studio formats, and workouts combining elements from Life Time's signature GTX, Alpha, and Ultra Fit formats. With the expanded lineup of activities, this year's event is set to inspire movement, foster community, and make a meaningful impact on kids' health.

**Registration is now open** and is available to both members and nonmembers for \$25 per class. Members can register through the [Life Time app](#), while nonmembers can sign up using [an online registration form](#).

Funds raised will benefit **Children's Miracle Network Hospitals** and the **Life Time Foundation**, two organizations dedicated to supporting the health and well-being of children. Children's Miracle Network Hospitals raises funds for 170 children's hospitals across the U.S. and Canada. The Life Time Foundation collaborates with schools and nonprofits to promote minimally processed foods and encourage physical activity while also addressing environmental sustainability through forestation and conservation efforts.

"We're thrilled to join forces with Life Time for the fifth annual Ride of a Life Time event to raise funds for children's health," said Aimee J. Daily, Ph.D., President & CEO of Children's Miracle Network Hospitals. "At CMN Hospitals, we bring people together to raise critical funds for children's healthcare in local communities. Ride of a Life Time is a powerful way to rally communities and partners alike to help change kids' health and change the future."

Since its inception in 2021, tens of thousands of people have taken part in Ride of a Life Time and raised more than \$3.5 million for the causes, including \$1.1 million last year. This year's event aims to build on that momentum with a \$1.5 million fundraising goal.

After registering, participants are encouraged to contribute to their club's fundraising efforts by setting up personal fundraising pages and gathering donations to help reach the event goal.

Children's Miracle Network Hospitals raises funds for 170 member children's hospitals that support the health of 12 million kids each year across the U.S. and Canada.

The Life Time Foundation is dedicated to inspiring Healthy People, a Healthy Planet, and a Healthy Way of Life. Through financial grants and direct action, they support programs nationwide that focus on the health of our youth and the planet, building a healthier future for generations to come.

### **About Life Time®**

[Life Time](#) (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of more than 175 athletic country clubs across the United States and Canada. The health and wellness pioneer also delivers a range of healthy way of life programs and information, and the best curated products and LTH nutritional supplements via its complimentary Life Time Digital app. The Company's healthy living, healthy aging, healthy entertainment communities and ecosystem serve people 90 days to 90+ years old and is supported by a team of more than 41,000 dedicated professionals. In addition to delivering the best programs and experiences through its clubs, Life Time owns and produces nearly 30 of the most iconic

athletic events in the country.

### **About Life Time Foundation**

[The Life Time Foundation](#), 501c (3) nonprofit created by Life Time, is dedicated to inspiring Healthy People, a Healthy Planet, and a Healthy Way of Life. Through financial grants and direct action, they support Youth Nutrition by helping schools serve wholesome, nourishing, minimally processed meals to students; Youth Movement by supporting physical activity programs that inspire children to stay active for life; and a Healthy Planet by contributing to forestation and conservation efforts to build a healthier, more sustainable future for generations to come.

### **About Children's Miracle Network Hospitals®**

Children's Miracle Network Hospitals was founded more than 40 years ago with the vision to Change Kids' Health, Change the Future. We've raised over \$9 billion for 170 children's hospitals by empowering and engaging with local communities and businesses – and we're not done yet. All donations benefit local member hospitals to fund what's needed most, like critical life-saving treatments and healthcare services, innovative research, vital pediatric medical equipment, child life services that put kids' and families' minds at ease during difficult hospital stays, and financial assistance for families who could not otherwise afford these health services.

Together, we can change kids' health. Together, we can change the future. To learn about Children's Miracle Network Hospitals and your local member children's hospital, visit [cmnhospitals.org](http://cmnhospitals.org).

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