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From Desk to Deadlift: Life Time Redefines the Office with More Than 55 New In-Club Work Lounges Nationwide

New Work Lounge amenity responds to soaring demand for spaces that fuse productivity, wellness and community

CHANHASSEN, Minn., Aug. 25, 2025 /PRNewswire/ -- As professionals and students continue to seek optimal efficiency and productivity around the clock, [Life Time](#) (NYSE: LTH), today announced the completion of its 55th **dedicated Work Lounge space**, with more than 30 in progress across the U.S to be added into next year. By repurposing space within existing clubs, members now have yet another way to be supported in how they blend productivity, wellness, community all under one roof.

Life Time Work Lounges are the latest addition to Life Time's unmatched healthy way of life ecosystem with a design aesthetic similar to the Company's separate [Life Time Work](#) locations, but smaller in scale. With comfortable seating, warm design touches and high-speed connectivity, the lounges invite members to pause, connect, or simply enjoy their club in new ways and can extend the amount of time a member engages with the club. Use is included with membership at participating locations.

"Life Time has always been more than place for health and wellness, it's a comprehensive healthy lifestyle destination with an entire ecosystem where our members can live, work and play," said Parham Javaheri, Life Time's President of Club Operations and Chief Development Officer. "Our Work Lounges are a direct response to member demand for more flexibility, giving them a place to be productive where they prioritize their health, while creating even more reasons to enjoy our clubs longer."

In addition to complimentary standard Work Lounges, 10 athletic country clubs have introduced fee-based **premium Work Lounges**. These private areas within the club include additional amenities like printing, phone booths, collaboration nooks and access to conference rooms, making them ideal for members who work remotely, freelance or simply prefer a quiet, functional workspace with healthy lifestyle perks built in. Members can choose to add the space as part of their monthly membership dues, or for a full day for an additional fee.

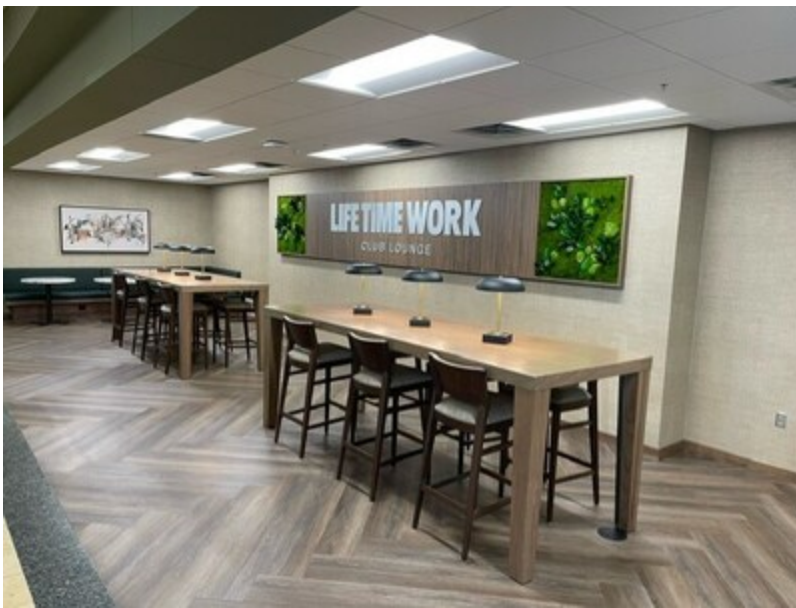
Both concepts complement **Life Time Work**, which has 15 locations in nine states. Life Time Work, first launched in 2018, is the only coworking concept nationwide that combines exceptional workspaces with a best-in-class health and wellness experience. A membership to one of Life Time's 15 dedicated Life Time Work locations includes access to Life Time's full network of 185 athletic country clubs across the country.

Members and prospects can check local club pages for a full list of amenities, including Work Lounges. More information on Life Time Work can be found at www.lifetime.life.

For more information about Life Time, visit www.lifetime.life or follow on social media at [Facebook](#), [Instagram](#) and [LinkedIn](#).

About Life Time

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of 185 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 49,000 dedicated team members.



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SOURCE Life Time, Inc.