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The Hottest Fitness Trend Just Went Luxe: Life Time and Aion Forge Strategic Partnership to Bring Weighted Vests to Millions

Aion named official weighted vest sponsor for select Life Time training programs and athletic events with exclusive member savings through LT Shop

NEW YORK, Oct. 8, 2025 /PRNewswire/ -- [Life Time](#) (NYSE: LTH), the nation's premier healthy lifestyle brand, and [Aion](#), the performance brand redefining resistance training with its patented weighted vests, today announced a strategic partnership that will integrate Aion into Life Time's robust ecosystem spanning more than 185 clubs across the U.S. and Canada, athletic events and the free Life Time app.

Beginning now, Aion is the official weighted vest sponsor of *Dynamic Personal Training*, *Signature Group Training*, and *ARORA* programs in clubs, along with official sponsorship and activations at iconic marathon events in Miami and Chicago. Life Time members also receive savings online at through the [LT Shop](#) Premium Partner Page. Select Life Time Dynamic Personal Trainers and MB360 team members will be seeded with Aion vests to showcase their benefits in training and recovery, with opportunities for broader integration into programs under evaluation.

Built for either performance ([Dynamic Resistance™](#)) to make every workout more effective or lifestyle ([Passive Resistance™](#)) that maximizes daily movements while integrating compression fit technology, Aion vests deliver even weight distribution across the body, promoting strength, endurance, posture, and active recovery. Unlike traditional bulky or unevenly weighted vests, Aion combines function and fashion in a sleek, performance-driven design trusted by elite athletes and approachable for everyday fitness enthusiasts.

"For 33 years, Life Time has helped members live healthier, happier lives through expert guidance, evidence-based programs, and innovative tools," said Jessie Syfko, Senior Vice President of Life Time Digital and Creator of MB360. "Weighted vests may be trending, but they've been part of our programming for years. With Aion as our official weighted vest sponsor, we're taking it to the next level—bringing awareness, access, and new experiences to our members."

"Partnering with Life Time is a pivotal step for Aion," said Brent Yates, Founder of Aion. "Together, we're making Dynamic Resistance™ accessible to millions, helping people move better, recover faster, and redefine what's possible in their training."

Aion's Weighted Vest Lineup

- **Women's Weighted Walking Vest:** Engineered specifically for women's frames, with

five to seven pounds of discreet resistance designed to boost calorie burn and improve posture during everyday movement.

- **Workout Vests (Men's + Women's):** Available in both men's and women's styles, designed for all styles of workout including strength, HIIT, Alpha/CrossFit, rucking, cycle, Pilates, yoga, cardio, and more with seven to twelve pounds of resistance.
- **Men's Recovery Vest:** Blending compression and heat capture to support circulation and post-training recovery.

For more information about Aion, visit www.aiongear.com or follow on social media at [Facebook](#), [Instagram](#), and [LinkedIn](#).

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

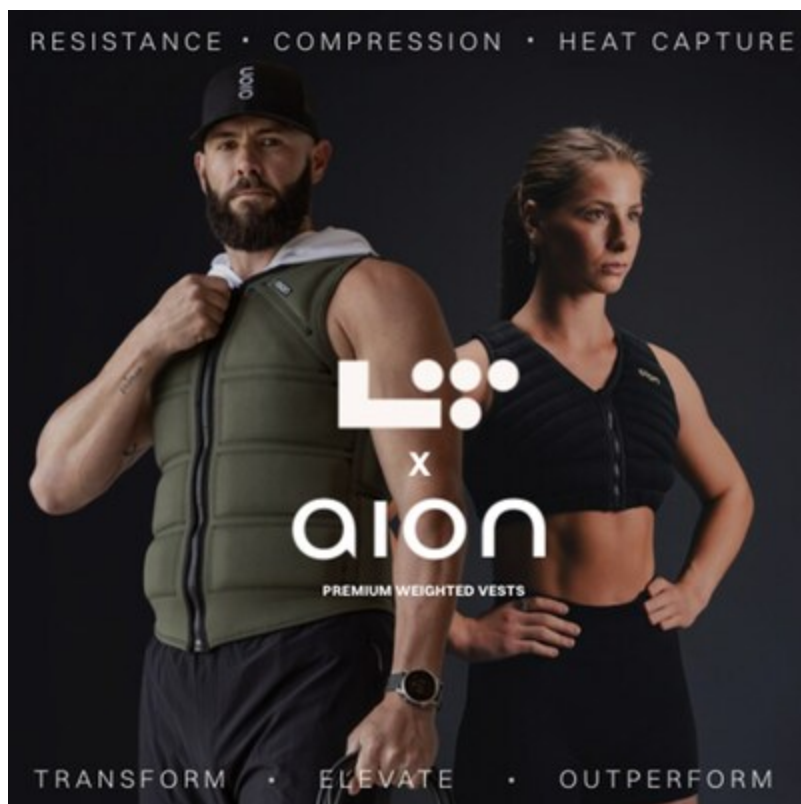
About Life Time

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its 185 athletic country clubs across the U.S. and Canada, the complimentary and comprehensive Life Time app featuring its L•A•I•C™ AI-powered health companion, and more than 30 iconic athletic events. Serving people ages 90 days to 90+, the Life Time ecosystem uniquely delivers healthy living, healthy aging, and healthy entertainment experiences, a range of unique healthy way of life programs, highly trusted LTH nutritional supplements and more. Recognized as a Great Place to Work®, the company is committed to upholding an exceptional culture for its 49,000 team members.

About Aion

Aion is the performance fitness brand pioneering Dynamic Resistance™ through its line of patented premium weight vests. Trusted by professional and Division 1 athletes and designed for anyone seeking to improve strength, endurance, and recovery. Aion blends elite engineering, ergonomic design, and everyday usability. For more information, visit <https://aion.inc/>

The logo for Aion, featuring the word "aion" in a bold, lowercase, sans-serif font. The letters are dark gray and have a modern, clean design.



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