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Keep Your 2018 Commitments With Small Group Training

As a Part of Commit: A Month of Motivation, Life Time to Highlight TEAM Training

CHANHASSEN, Minn., Jan. 16, 2018 /PRNewswire/ -- A natural extension of Life Time's Commitment Day, Commit – A Month of Motivation exists to help people achieve their commitments, total health objectives, athletic aspirations and fitness goals in the coming year. Throughout the month of January, Life Time is hosting special classes and events to inspire individuals to monitor their commitments.

Experience the interactive Multichannel News Release here: https://www.multivu.com/players/English/82006242-life-time-small-group-team-training/

Life Time's 130 destinations are featuring a variety of health and fitness experiences and activities weekly for all ages, including Yoga Week, Studio Week, Cycle Week, and TEAM Training Week. Participants in small group training programs (SGT) are among the most successful when it comes to reaching their health and fitness goals and achieving real, lasting results.

- **Yoga Week (Jan. 2-6):** Whether you're new to the mat or an experienced yogi, Life Time yoga provides incredible mind and body benefits, builds strength, restores flexibility and helps to de-stress both the body and the mind. Try BE, SURRENDER, ROOT and FLOW in Life Time's sampler class on Jan. 6.
- **Studio Week (Jan. 8-13):** Go with what you know, or try something new. From new programs such as Gluteus MAXout to longtime favorites like Barbell Strength, Life Time's instructors are passionate, the studios are beautiful, and the energy is beyond

compare. Do what moves you with the sampler event on Jan. 13.

- **Cycle Week (Jan. 15-20):** Beginner or road racer, you decide the pace and intensity that work for you. Try a highly charged cardio challenge with AMP, measure your motivation with some friendly class competition with EDG or conquer the road with PWR in Life Time's sampler class on Jan. 20.
- **TEAM Week (Jan. 22-27):** From weight loss support to the ultimate fitness challenge, TEAM Burn, TEAM Cut, TEAM Bootcamp and TEAM Alpha are a boutique of progressive programs that are designed to keep members motivated in 2018 and moving forward to a stronger, healthier year. Try Life Time's TEAM training during the sampler event on Jan. 27.

For more information about Life Time's TEAM Training program, visit www.lifetime.life/training-types/group-training.html.

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