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Life Time Opens Ninth Atlanta-Area Athletic Country Club on August 8, Transforming Former Concourse Athletic Club into Life Time Perimeter

Multi-million-dollar renovation delivers all-encompassing health and wellness experience for working professionals and families to iconic location

ATLANTA, Aug. 8, 2025 /PRNewswire/ -- [Life Time](#) (NYSE: LTH), the nation's premier healthy lifestyle brand, is growing its presence in the Atlanta market with the opening of Life Time Perimeter today. Situated between Sandy Springs' landmark King & Queen towers, the new 79,000-square-foot athletic country club offers a luxury wellness experience just steps from the Perimeter Center business district and surrounding family neighborhoods. The destination marks the ninth Life Time location in Atlanta, combining wellness, fitness, recovery, work and leisure in one impeccably designed space.

Life Time has completely transformed the former Concourse Athletic Club into a modern, three-story athletic country club that caters to the growing needs of health-conscious professionals, couples and active families. With abundant natural light, an open-concept design and expansive indoor and outdoor amenities, Life Time Perimeter is designed for everyone seeking to prioritize wellbeing, productivity and community.

"Life Time Perimeter is another strategic addition to our Atlanta footprint, bringing our unparalleled healthy way of life experience to an incredibly vibrant community where people live, work and socialize every day," said Parham Javaheri, Executive Vice President, President Club Operations and Chief of Property Development at Life Time. "As people increasingly return to the office, we uniquely serve both weekday routines and weekend activities and are excited to reopen this revitalized destination and welcome previous and new members alike."

Covering three acres along Interstate 285 and Georgia 400, Life Time Perimeter offers easy access for members working or living in Sandy Springs, Dunwoody and the surrounding areas.

Highlights include:

- Eight outdoor pickleball courts and five tennis courts (four clay and one hard).
- Five-lane lap and leisure pools in a beach club-style setting with lounge seating and snack bar.
- Indoor lap pool, four squash courts and running/walking track.
- Four boutique studios for barre, group fitness, hot and traditional yoga and Pilates, along with dedicated spaces for Signature Group Training programs, Alpha, GTX and UltraFit. Overall, more than 100 classes will be offered weekly.

- Expansive fitness floor with best-in-class cardio equipment, resistance-training machines and free weights.
- A dedicated recovery space for stretching, innovative water massage and cold therapy chairs, whole body compression technology, percussion devices, metabolic testing, nutrition coaching and more.
- Luxurious executive-style dressing rooms, coed hydrotherapy suite with cold plunge, whirlpool, two steam rooms, sauna and infrared saunas.
- Life Time Work Club Lounge for calls, meetings and remote work.
- Kids Academy with a built-in infant room, toddler area and language arts studio.
- LifeCafe offering nutritious meals and shakes along with a juice bar.

Life Time Perimeter joins a growing list of Atlanta-area destinations that have opened since the company launched in Georgia in 2006. Other [area clubs](#) include Alpharetta, Sugarloaf, Johns Creek, Woodstock and Peachtree Corners, along with Sandy Springs and Buckhead, which also feature Life Time Work spaces for members seeking a premium coworking experience. The company's most recent Atlanta opening prior to Perimeter was North Druid Hills, which debuted in December 2024.

Open to members Monday through Friday, from 4:00 a.m. to midnight, and Saturday and Sunday, between 6:00 a.m. and 11:00 p.m., Life Time Perimeter is located at 8 Concourse Parkway, Atlanta, GA 30328.

People interested in membership can visit Life Time Perimeter's [website](#) or call 770-743-3600.

Images can be found [here](#) and video [here](#).

For more information about Life Time, visit www.lifetime.life or follow on social media at [Facebook](#), [Instagram](#) and [LinkedIn](#). For the latest Life Time locations coming soon, [click here](#).

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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