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Life Time Debuts 14th Athletic Country Club in Illinois and Nation's Second MIORA Performance & Longevity Clinic

In the news release, Life Time Debuts 14th Athletic Country Club and Nation's Second MIORA Performance & Longevity Clinic in Evanston, Ill., issued 03-Mar-2025 by Life Time, Inc. over PR Newswire, we are advised by the company that the headline should read "Life Time Debuts 14th Athletic Country Club in Illinois and Nation's Second MIORA Performance & Longevity Clinic" rather than "Life Time Debuts 14th Athletic Country Club and Nation's Second MIORA Performance & Longevity Clinic in Evanston, Ill." as originally issued inadvertently. The complete, corrected release follows:

Life Time Debuts 14th Athletic Country Club in Illinois and Nation's Second MIORA Performance & Longevity Clinic

60,000-square-foot Life Time Evanston athletic country club delivers comprehensive luxury health and wellness experience with unparalleled fitness, recovery, pickleball, and more

EVANSTON, Ill., March 3, 2025 /PRNewswire/ -- [Life Time](#) (NYSE: LTH), the nation's premier healthy lifestyle brand, announced the opening of [Life Time Evanston](#), the 14th Life Time in Illinois, and the company's second athletic country club in the country to feature its exclusive [MIORA Performance and Longevity Clinic](#).

Situated near the scenic shores of Lake Michigan, the 60,000 square-foot destination extends Life Time's signature healthy way of life programs and services to the downtown Evanston area with an unparalleled health and wellness experience for those 90 days old to 90 years old.

"Life Time Evanston is the first of many planned 2025 openings and also marks the expansion of our MIORA performance and longevity clinic beyond Minnesota, allowing even more people to experience the multidimensional approach we're taking to address all aspects of health and wellness," said Parham Javaheri, Life Time Executive Vice President, President Club Operations and Chief of Property Development Officer. "We're excited to extend our unparalleled Life Time experience to Evanston in a prime location that will serve this community and bring renewed energy to the downtown area."

Life Time MIORA delivers an extensive range of proactive, personalized services for health, wellness, performance, and longevity based on the proprietary Metabolic Code, a bloodwork and personalized assessment created by Jim LaValle, Life Time's Chief Science Officer. Through a team of MDs, PAs, RNs, RDs and Dynamic Personal Trainers, MIORA offerings also include proprietary, medically curated peptides, including GLP-1s when appropriate, therapeutically validated hormone replacement therapy, red light therapy, infrared sauna, Cryo therapy and more.

Designed with a holistic healthy way of life in mind, additional highlights of Life Time Evanston include:

- Three [indoor pickleball courts](#), featuring pickleball leagues, mixers, and lessons.
- LT Recovery zone featuring Dynamic Stretch, hydromassage beds, cryotherapy beds, and Normatec devices.
- Designated spaces for personal and signature group training programs, including [Alpha, GTX and UltraFit](#).
- Five dedicated studios for [90+ group classes](#) weekly, including barre, cardio and strength, cycling, Pilates, and yoga, creating the ultimate boutique destination.
- Hundreds of pieces of best-in-class equipment for cardio, strength, and functional training and personalized programs developed by Life Time's team of [Dynamic Personal Trainers](#).
- [Kids Academy](#) where children can spend up to 2.5 hours daily and enjoy activities including music, yoga, sports, and more kid-friendly studio classes.
- LifeCafe smoothie and coffee bar.
- Luxurious dressing rooms with sauna spaces.
- Dedicated [Life Time Work Club Lounge](#) space.

Life Time has opened four new destinations in Chicagoland since 2022, most recently River North in downtown Chicago and in Lake Zurich. To view all existing Life Time athletic country clubs and locations coming soon, visit [here](#).

The club is open Monday through Friday, 4am to midnight and Saturday and Sunday, 5am to 10pm. For more information regarding features, amenities, and membership options, visit Life Time Evanston at 1618 Sherman Ave or call 866.770.1546. Additionally, follow along at [LifeTime.Life](#) on Facebook and on Instagram at [@LifeTime.Life](#), [@LifeTime.Evanston](#) and [LinkedIn](#).

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 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 the most 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 42,000 dedicated team members.



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