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Inaugural LT Games Dallas at Life Time Frisco Crowns Lauren Weeks and Noah Ohlsen as Winners



First LT Games competition in Texas challenged 110+ hybrid athletes across 17 high-intensity workout stations

FRISCO, Texas, Oct. 5, 2026 /PRNewswire/ -- Life Time (NYSE: LTH), the nation's premier healthy lifestyle brand, brought its fast-growing hybrid fitness competition to Texas with the inaugural [LT Games Dallas](#), held Oct. 2-3 at **Life Time Frisco**. The two-day event challenged participants' power, endurance and mental toughness through 17 high-intensity strength and conditioning stations.

Among the more than 110 LT Games athletes from across the country, **Lauren Weeks** captured first place female and first overall with a **36:19** finish. **Noah Ohlsen** earned first place male with a time of **42:12**. Both were also the inaugural champions of the Minneapolis LT Games in 2025.

In total, Life Time awarded **\$27,000 in prize money** across both divisions.

The Top Finishers:

- **Women:** 1. Lauren Weeks (36:19) | 2. Dakotah Bryant (40:45) | 3. Mackinly Kifer (43:47)
- **Men:** 1. Noah Ohlsen (42:12) | 2. Arturo Torres (44:41) | 3. Cory Hay (49:48)

"We were pumped to bring the LT Games outside of Minnesota for the first time," said Wes Robertson, LT Games race director at Life Time. "Athletes and competitors from across the country left it all on the course and helped us break in the new HYBRID XT studio built specifically for this type of training and competition."

LT Games gives athletes flexibility in how they complete each movement, adding a unique element of strategy to the hybrid fitness competition that combines functional strength, conditioning and endurance. At several stations, participants choose their own weight, opting for a lighter load and more reps or a heavier load and fewer reps. For box jumps and step-overs, athletes can pick from three box heights. The Dallas competition followed the first two LT Games events at Life Time Minneapolis Target Center in 2025 and 2026.

The event also highlighted Life Time Frisco's new dedicated HYBRID XT studio. HYBRID

XT, Life Time's class specifically for hybrid athletes, delivers structured, coach-led programming that prepares participants for LT Games and other performance goals by combining:

- Conditioning and endurance through running, rowing and SkiErg work
- Functional strength using barbells, dumbbells, sleds and bodyweight training
- Athletic movement patterns including pushing, pulling, carrying and rotational work

The first dedicated HYBRID XT studio opened at Life Time Target Center in 2025. The Frisco studio expands access to the format and supports growing interest in hybrid fitness in the Dallas metro. HYBRID XT programming is also offered at many other Life Time locations across North America and can be accessed anywhere through the Life Time app.

LT Games builds on Life Time's expanding lineup of [athletic competitions and events](#), including the LT Classic pickleball tournament and more than 30 athletic events nationwide. These offerings reinforce Life Time's commitment to creating premier athletic experiences that inspire people to set goals, challenge themselves, find their community and become stronger, more capable athletes.

For more information about LT Games, visit ltgames.lifetime.life or follow [@lifetime.ltgames](#) on Instagram.

For more information about Life Time, visit Lifetime.life, explore the [Life Time Newsroom](#) or follow [LinkedIn](#), [Facebook](#) and [Instagram](#), or download the complimentary Life Time app.

About Life Time

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its more than 195 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+ years, 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 nearly 50,000 team members.





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