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Life Time Launches First-Ever Community Week October 11-17 to Bring Members and Team Members Together Through Service, Movement and Giving

Get Together. Give Together. will rally Life Time communities to support worthy organizations close to home. Unite the Night will benefit the Life Time Foundation and its work in youth nutrition, youth movement and a healthy planet

Key Highlights:

- Life Time's first-ever Community Week will take place October 11-17, mobilizing members and team members at clubs across the country through local service, movement and giving.
- Each participating club will identify and support causes meaningful to its community, extending Life Time's impact beyond the walls of the club through volunteer projects and nonprofits.
- Unite the Night on October 15 is a complimentary community-building group workout experience benefiting the Life Time Foundation, with high-energy classes, music, glow lights and post-workout social.
- Life Time will match donations (up to $100,000) made directly to the Life Time Foundation through October 17, doubling support for healthier school meals, youth movement and a healthier planet.

CHANHASSEN, Minn., Oct. 6, 2026 /PRNewswire/ -- Life Time (NYSE: LTH), the nation's premier healthy way of life brand, today announced its first-ever **Get Together. Give Together.** Life Time Community Week, a national initiative gathering members and team members across its athletic country clubs for a week of service, movement and giving.

Taking place October 11-17, Community Week will provide two ways to make an impact. Participating club teams will identify and support worthy organizations in their own communities through locally organized service opportunities. Members and team members can also support the Life Time Foundation, Life Time's public 501(c)(3) nonprofit, including through Unite the Night. Life Time will match donations made directly to the Life Time Foundation, up to $100,000, through October 17, doubling the impact of each gift.

"Life Time clubs have always been deeply connected to the communities they serve, and Community Week gives our members and team members new ways to turn that connection

into meaningful local action," said Eric Buss, Executive Vice President and Chief Administrative Officer at Life Time. "By matching donations to the Life Time Foundation and empowering our clubs to rally behind local causes, we're putting the full strength of our company behind that commitment, both close to home and nationwide."

By putting local Life Time club teams at the center of the initiative, Community Week extends Life Time's impact beyond the walls of its locations. Planned activities reflect the needs and interests of each community. Examples include:

- Life Time Winter Park in the Orlando area will support All Kids Bike while also hosting a local food drive, junior-member nutrition seminar and botanical garden cleanup.
- Life Time Fort Washington in the Philadelphia area of Pennsylvania will partner with Girls on the Run for a wellness adventure day featuring movement, nutrition, recovery and strength experiences for girls.
- Life Time Shenandoah in the Houston area of Texas will support Kids' Meals by inviting members to decorate and donate lunch bags and contribute food items for local children.

Community Week will also feature **Unite the Night**, a complimentary community-building fitness experience on Thursday, October 15 benefiting the Life Time Foundation. Participating clubs will transform studio spaces with glow lights, neon colors, high-energy music and popular group classes, creating a dedicated moment for members to connect and move together. Members will have the opportunity to support the Life Time Foundation during the event, with donations made directly to the Foundation matched by Life Time through October 17. Members can check their club events and the Life Time app for details and to reserve a spot.

Donations made through Unite the Night and directly to the Life Time Foundation throughout Community Week will support the Foundation's work with organizations and programs nationwide through grants and direct partnerships. These donations will advance the Foundation's three mission areas:

- **Youth Nutrition**: Helping schools remove ingredients of concern, improve menus and serve nourishing meals so children can learn, grow and thrive.
- **Youth Movement:** Expanding access to physical activity and programs that help kids build confidence, resilience and a lifelong love of movement.
- **Healthy Planet:** Funding urban and schoolyard tree planting, restoration and reforestation efforts that clean the air and protect nature for future generations.

Life Time covers the Foundation's operational costs, allowing 100% of every donated dollar to directly support programs and grantmaking.

To learn more about Life Time Community Week, discover local club activities or support the Life Time Foundation, visit the Life Time app and ltfoundation.org.

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 the Life Time Foundation
The Life Time Foundation, a 501(c)(3) nonprofit created by Life Time, Inc. (NYSE: LTH), is

dedicated to inspiring Healthy People, a Healthy Planet, and a Healthy Way of Life. Through financial grants and direct action, we support Youth Nutrition by helping schools serve wholesome, nourishing, minimally processed food to students; Youth Movement by championing physical movement programs that get children active and excited to move for life; and a Healthy Planet by supporting forestation and conservation initiatives, so everyone can live healthy, happy lives. For more information or to make a tax-deductible donation, visit www.ltfoundation.org.

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•AI•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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