

Life Time Debuts In Manhattan With Opening Of Life Time Athletic At Sky

Life Time, The Moinian Group and Rockwell Group collaborated on first-of-its-kind health, wellness and luxury rental experience with new lifestyle destination

NEW YORK and CHANHASSEN, Minn., June 21, 2016 /PRNewswire/ -- New York City residents now can experience what millions of Life Time members across 26 states have come to love for more than 20 years. That's [Life Time Athletic at Sky](#), an unparalleled, resort-style, health and fitness destination designed to help members achieve their total health objectives, athletic aspirations and fitness goals.

Located inside of [Sky](#), New York City's newest and largest luxury rental building at 605 W. 42nd Street, the Manhattan Life Time location is a collaboration with developer [The Moinian Group](#) and design firm [Rockwell Group](#). The 70,000 square-foot, healthy living, healthy aging destination is open to Sky residents and the public and serves its members with a collection of amenities rarely found in Manhattan including:

- Outdoor pool deck with two zero-edge pools
- 50-foot-long, 3-lane indoor pool
- Indoor water club with a Turkish style hammam and cold plunge pool
- Spacious and beautifully-appointed group fitness, indoor cycle, yoga and Pilates studios
- Best-in-class fitness and cardio equipment exclusively available at Life Time Athletic
- Professional-size indoor basketball court designed in collaboration with NBA All Star Carmelo Anthony
- [LifeCafe](#), featuring a full menu with wholesome and healthy ingredients
- [LifeSpa](#) offering luxury massage and spa treatments, and skin care and nail services
- Additional spaces and private dining rooms designed for personal, work and entertainment

Life Time Athletic at Sky features a broad range of programming designed to address every healthy way of life interest and introduces Life Time's exclusive [Core 3](#) training philosophy—"Know it. Nourish it. Move it" to New Yorkers. With a comprehensive focus on education, exercise and nutrition, Core 3 is a scientifically researched, results-driven program delivering integrated health assessments, nutrition plans and workouts to create long-term health and wellness success.

One-on-one, small group and team training, including Life Time's exclusive [Alpha](#) program, are brought to life by well-known fitness professional and expert, David Juhn, and his team of certified fitness professionals. In addition, Group Fitness superstar Randi Eisenshtat, and her team delivers a broad lineup of custom-designed, signature [group fitness](#) classes. Along with a range of exclusive Life Time feature formats, the daily class schedule includes unique cycling class formats, yoga, Pilates and more. Finally, [Ultimate Hoops](#), the country's largest recreational basketball league, will make its New York debut at Sky later this year.

"We know the lives, habits and needs of our members are demanding, and are excited for New Yorkers to experience the unique and comprehensive Healthy Way of Life approach we've established across the country," said Bahram Akradi, Life Time Founder, CEO, Chairman and President. "In partnership with Joe Moinian and The Moinian Group, this extraordinary development allows us to deliver our best programs and performers, along with a commitment to positively change lives every day."

Along with Life Time Athletic at Sky, Life Time operates five additional destinations in the greater New York market area in Westchester, Garden City and Syosset, New York and in Berkeley Heights, Florham Park and Montvale, New Jersey.

Daily operating hours are Monday through Thursday from 5 a.m. to 11 p.m., Fridays from 5 a.m. to 10 p.m. and Saturday and Sunday from 7 a.m. to 10 p.m. In addition to residents of Sky, memberships are available to the public. For additional information, consumers are encouraged to visit with an account manager, call 212.564.1300, or visit the Life Time [website](#) or [facebook](#) page. Additional information about the Sky residences can be found at [liveatsky.com](#).

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest—or discovering new passions—both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. The Company's Healthy Way of Life approach enables members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of June 21, 2016, the Company operates 120 centers under

the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

About The Moinian Group

Founded by Joseph Moinian, The Moinian Group is among the few national real estate entities to develop, own and operate properties across every asset category, including office, hotel, retail, condos and rental apartments. Since its founding in 1982, The Moinian Group has thrived with a portfolio in excess of 20 million square feet across major cities including New York, Chicago, Dallas and Los Angeles. The Moinian Group has been a pioneer for the development of state-of-the-art, visually distinguished properties. The firm continues to strive for excellence in their focus on the growth of emerging areas of New York City such as Downtown and the West Side of Manhattan where they are currently developing over 4 million square feet. More information can be found at Moinian.com

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