

Don't Sweat It - Make It A Healthy Black Friday At Life Time

Celebrate with savings on gift cards, Life Time Training, LifeSpa services, Kids' programs and more

CHANHASSEN, Minn., Nov. 22, 2017 /PRNewswire/ -- As we usher in another holiday season, this year, make it a healthy one. Life Time®, the nation's only Healthy Way of Life brand, has assembled a collection of savings on member favorites available during Black Friday. Decompress from the hectic holiday season with a massage at LifeSpa, get a jump start on your 2018 fitness commitments with TEAM Training sessions or surprise the kids with Summer Camp or Swim lessons without having to wait.

While for many, Black Friday has evolved from a fun family shopping outing to a stressful endeavor, Life Time's commitment to supporting a Healthy Way of Life means no camping overnight or competing with other shoppers. The full offering of Black Friday savings are now available at Life Time destinations nationwide and at <https://shop.lifetime.life/blackfriday>.

No Sweat Holiday Savings highlights include:

- \$20 bonuses on each \$100 LifeSpa e-gift card and 40% savings on new-to-you LifeSpa services (LifeSpa is open to non-Life Time members with club access on day of appointments and two hours of child care in Kids Academy)
- \$120 LifeCafe gift cards for only \$100
- Lowest prices ever on TEAM Training Programs: Cut, Burn, Bootcamp & Alpha
- 15% savings on Personal Training and Pilates sessions
- 25% savings on local Commitment Day registration, the annual Jan. 1st 5K family fun run
- 25% savings on nutritional bundles including protein, vitamins, supplements and more
- 25% savings on kids events
- 25% savings on swim lessons
- The lowest pricing on all Garmin devices including activity trackers and watches for all ages

For more information and a full list of Black Friday savings, visit <https://shop.lifetime.life/blackfriday>.

About Life Time® — Healthy Way of Life

Life Time champions a healthy and happy life for its members across 129 destinations in 37 major markets in the U.S. and Canada. As the nation's only Healthy Way of Life brand, Life Time delivers an unmatched athletic resort experience and provides a comprehensive healthy living, healthy aging and healthy entertainment experience that goes well beyond fitness to encompass the entire spectrum of daily life for individuals, couples and families of all ages.

SOURCE Life Time, Inc.

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