

Life Time Opening Doors to Everyone this January 1 for Commitment Day

Get Active. Get Healthy. Get Happy. From Indoor and Outdoor Runs to Special Workouts - Commitment Day is About Inspiring Health with 141 Clubs Open Nationwide and in Canada

MINNEAPOLIS, Dec. 10, 2018 /PRNewswire/ -- January is known worldwide as a time to reset. It's a time when people make resolutions related to health, wellness and life. Yet, statistics also show that 80+ percent of New Year's resolutions fall flat due to unrealistic goals or other hurdles. So, this January 1, 2019, Life Time, the premier healthy lifestyle brand, is opening its doors to the community to help people overcome those hurdles and achieve their 2019 goals. First launched by Life Time in 2013, Commitment Day 2019 events will be held at all 141 destinations in the United States and Canada.

"Do something. Do anything," says Life Time Chief Operating Officer, Jeff Zwiefel.

"Research continues to show how little exercise we're getting – oftentimes less than 25-percent of Americans based on federal standards. At Life Time, we aim to help people achieve the healthy, happy lives they deserve. This January 1, come move with us. I promise—you'll feel better."

On Commitment Day people of all ages and abilities are encouraged to kick-off the year in a healthy, happy way. Unique and fun group fitness, indoor cycle and yoga classes for all levels and abilities will be available throughout the day.

Goal-setters will also have access to all Life Time programs and amenities including health and wellness experts, cardio and weight equipment, indoor aquatic centers, basketball courts, LifeCafe, LifeSpa, and even tennis, racquetball and squash courts at select clubs.

A full listing of classes offered at each club on January 1 is available online at:

www.CommitmentDay.com.

Commitment Day 5K Registration and Additional Information

Participating Life Time destinations are also set to host the Commitment Day 5K, an outdoor run, on January 1, 2019 at 10 a.m. in their respective time zones. Additionally, an indoor 5K event will be offered at select locations.

Registration is \$35 in December and \$40 for on-site registration on January 1 for the outdoor 5K and \$15 for the indoor 5K; kids 12 and under receive complimentary entry.

Registration includes a participant t-shirt and a brunch social. Visit

www.CommitmentDay.com to sign up and for more information.

Life Time launched Commitment Day on January 1, 2013, as a nationwide movement to inspire and encourage positive change. Since then, hundreds of thousands have participated in making a commitment to better their health, communities and selves.


About Life Time®—Healthy Way of Life

Life Time champions a healthy and happy life for its members across 141 destinations in 28 states and 39 major markets in the U.S. and Canada. As the premier healthy lifestyle brand, Life Time provides a comprehensive healthy living, healthy aging and healthy entertainment experience throughout its athletic lifestyle resorts that goes well beyond fitness to encompass the entire spectrum of daily life for individuals, couples and families of all ages.

Life Time destinations across the U.S. and Canada offer distinctive, branded programs and services including: personal and GTX and Alpha small group training, weight loss, Pilates, studio, cycle and yoga classes, tennis, racquetball and squash, swim programming and Ultimate Hoops basketball. Full-service LifeSpa, LifeCafe and LifeClinic Chiropractic and Physical Therapy are also located within select Life Time destinations and provide services for both members and non-members. More information is available at www.lifetime.life.

SOURCE Life Time

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Additional assets available online:  [Video \(1\)](#)