Life Time to Host One-Night-Only Complimentary 'We Got This' Workout and After Party on Thursday, April 25

119 locations throughout the U.S. to showcase all-new group training classes to both members and non-member guests, promoting an even more active and healthy lifestyle

CHANHASSEN, Minn., April 23, 2019 /PRNewswire/ -- For one-night-only, Life Time, the premier healthy lifestyle brand, will host a complimentary, "We Got This" workout session to showcase its revamped Alpha and GTX group training series. This energizing, community-building workout and after-party will take place on Thursday, April 25 from 5:30 p.m.-8 p.m. across 119 Life Time athletic resorts nationwide.

According to the Journal of Consulting and Clinical Psychology, 95 percent of individuals who start a weight-loss program with friends complete the program. Exercising with those close to you allows you to push yourself harder, inspire one another and further establish a happy and healthy lifestyle, regardless of age and ability. Whether you're looking for a place to start your fitness journey or crush new personal records, Life Time's GTX and Alpha programs will help you reach your goals.

At this event, participants will have the opportunity to experience all four of Life Time's new group training classes combined into one hour-long impactful workout. An after party with an assortment of healthy fruits and desserts will immediately follow.

Training classes include:

- **GTX Burn**: A foundational class that will work you through cardio, strength training circuits.
- **GTX Cut:** Learn body-changing cardio conditioning with more advanced total body strength training.
- **Alpha Metcon:** Build your cardiovascular and muscular endurance while sculpting your body.
- **Alpha Strong:** Olympic lifting, strength training, and athletic movement - delivering results at the highest level.

This complimentary event is open to both members and non-members. To register, visit: https://www.mylt.life/clubs.go/events/we-got-this.html. Details may vary by location.

About Life Time® – Healthy Way of Life
Life Time champions a healthy and happy life for its members across 143 destinations in 39 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

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