

Life Time to Expand Manhattan Presence through Collaboration Agreement with New York Health & Racquet Club

Luxury health, wellness and lifestyle company to invest more than \$25 million in four locations

NEW YORK, July 19, 2019 [/PRNewswire/](#) -- Life Time, the nation's premier healthy lifestyle brand, today announced plans to grow its presence in New York from five to nine athletic resort destinations. Through a collaboration agreement with New York Health & Racquet Club, four New York Health & Racquet clubs will transition to Life Time in a phased approach. Following more than \$25 million in planned renovations, the clubs will reopen as Life Time HRC with modern design aesthetics, proprietary programs and services, top performers and luxurious amenities.

The four locations include: 60 West 23rd Street, 110 West 56th Street, 62 Cooper Square and 270 Park Ave S.

60 West 23rd Street will be the first location to transition to Life Time. Plans call for the club to close and renovations to begin on September 1, 2019. An early 2020 reopening is expected. The remaining three locations will follow with a similar approach. Each location will continue to operate as NYHRC until renovations commence.

As an outcome of this collaboration, both companies will continue to provide its members with the extraordinary experiences that are synonymous with both brands as industry leaders.

Life Time launched its New York City presence in 2016 with the debut of [Life Time at Sky](#), a 70,000-square-foot resort-style health and fitness destination located at Sky – The Moinian Group's 71-story, luxury apartment high-rise. Additional Life Time resort destinations in New York include Chappaqua, Garden City, Syosset and Westchester.

Life Time continues to expand rapidly across the country with nearly 15 million square feet under operation and 75-100 projects in development, including a development at One Wall Street with Macklowe Properties. The Company not only is expanding its [athletic resort](#) destinations, but also launching new business concepts, including [Life Time Work](#) and [Life Time Living](#) with the goal of encompassing the entire spectrum of healthy living for individuals, couples, and families.

Life Time Work, which launched in April 2018 in Ardmore, Pa., is the company's foray into premium coworking spaces with 50-60 planned over the next five years. Life Time Living will redefine residential real estate and debut with residences in Las Vegas, Miami and Dallas. The innovative, connected-living, wellness-infused residences will be built in coveted neighborhoods that boast convenient access to restaurants, shopping, nightlife and transportation.

Through relationships with leading commercial property owners and developers, Life Time also is transforming the consumer retail experience at regional shopping centers across the nation. The Company's Healthy Way of Life Village developments will incorporate Life Time Athletic resorts and, in some cases, its Life Time Living and/or Life Time Work amenities.

For more information about Life Time and the collaboration agreement, visit www.lifetime.life/hrc.

About Life Time® - Healthy Way of Life

Life Time champions a healthy and happy life for its members across 144 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. For more information, visit www.lifetime.life.

About New York Health & Racquet Club

Founded in 1973, New York Health & Racquet Club (NYHRC) is an iconic health club offering tailored fitness with an inclusive community feel. The motto, fitness as "A Way of Life," was the philosophy NYHRC built its brand on and the family owned business has proudly served generations of New Yorkers in neighborhoods throughout Manhattan for almost a half century. For further information, visit nyhrc.com

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