

Life Time Center (Former Atrium Mall) Set To Transform Health And Wellness Landscape In Boston With Opening Of Life Time Athletic Chestnut Hill

Nearly 300 jobs and first-of-its-kind LT Proactive Care medical practice bring exclusive programming and integrated approach for optimal health within new urban Life Time destination

CHESTNUT HILL, Mass., June 1, 2017 /PRNewswire/ -- Life Time®, the nation's premier Healthy Way of Life Company and lifestyle brand, announces the grand opening celebration of [Life Time Athletic Chestnut Hill](#), the company's first Diamond Premier location and third Life Time in the Greater Boston market. A ribbon cutting will take place at 6:00 p.m. on Thursday, June 1 followed by the club's opening to all members at 4:00 a.m. on Friday, June 2.

The new healthy living, healthy aging, healthy entertainment destination, located at 300 Boylston Street, is the first opening within the massive 286,000-square-foot Life Time Center. Formerly the Atrium Mall, this newly transformed property serves as Greater Boston's leading health, wellness and medical destination exemplifying health, wellness, fitness, nutrition, and beauty. With unique programming and access to exclusive offerings such as Boston's first LT Proactive Care – Chestnut Hill Medical and LT Proactive Care – Chestnut Hill Physical Therapy and Chiropractic, Life Time is changing the face of what conventional health and wellness centers look like in the city.

Among its unmatched amenities, Boston's newest Life Time is the city's ultimate boutique with seven dedicated studios featuring a myriad exclusive fitness and athletic classes led by the best instructors in the area, along with LifeCafe, a full-service, fast casual restaurant and bar, and LifeSpa, a full service salon and spa providing nine serene and relaxing treatment rooms for massage and facials as well full hair and nail services.

"Boston's high-performance lifestyle has met its match with our newest Chestnut Hill location," said Jeff Zwiefel, Life Time chief operating officer. "This extraordinary development allows us to deliver our highest level athletic club, providing Bostonians with their very own luxury athletic-meets-health and wellness destination. With our existing Westwood and Boston MetroWest club in Framingham, we're delivering the ultimate experience for members throughout the area."

The planned first-of-its-kind LT Proactive Care – Chestnut Hill Medical is a medical practice focused on innovative ways to help patients achieve optimal health. Bringing together an integrated, whole-body approach that incorporates the three pillars of optimal health: medicine, nutrition, and exercise, the multidisciplinary team of medical providers and registered dietitians, led by practice owner and medical director, Jessica Lee Amoroso, MD, FAAP, works with Life Time personal trainers to help build personalized care plans centered on functional lifestyle solutions for each patient.

This Lifestyle Medicine practice follows a concierge membership-based model in addition to offering direct pay a la carte services and is open to the public with discounted membership fees for Life Time Athletic Chestnut Hill members.

Patients will have access to services such as DEXA scans, one of the most highly accurate measurements for body composition, along with nutrition coaching, metabolic assessments and other testing to create truly personalized plans to achieve health objectives and fitness goals.

LT Proactive Care – Chestnut Hill Physical Therapy and Chiropractic, led by Dr. Albert Couillard, DC and adjacent to the medical practice, offers physical therapy and chiropractic services. Dr. Couillard focuses on treating patients' entire bodies and helping them heal, and stay injury free by achieving optimal health through an integrated care approach. The medical and physical therapy/chiropractic providers will occupy 8,100 square feet of the 129,000-square-foot Life Time Athletic space.

Other highlights of Life Time Athletic Chestnut Hill include:

- Boston's most-certified instructors and personal trainers leading can't-find-anywhere classes in its seven studios including AMP, EDG and PWR cycle, Strike and TCX group fitness, barre and Pilates as well as an entire Yoga portfolio
- 26,000-square-feet of dedicated space for functional and TEAM training including Life Time's exclusive Burn, Cut, Bootcamp and Alpha Training
- More than 400 pieces of best-in-class cardiovascular and resistance training equipment
- Kids Academy dedicated to building a healthy foundation for kids and caters to children ages 3 months to 12 years. Classes and programming include Life Skills, Mind and Body, Fitness and Agility, Language, Arts and Culture

An affiliate of The Bulfinch Companies, Inc. is the developer and owner of Life Time Center. "The opening of Life Time Center Chestnut Hill marks a significant milestone in Bulfinch's vision to establish the premier health and wellness destination in Greater Boston through strategic repositioning of the former Atrium Mall," said Michael Wilcox, SVP & Director of Leasing of [The Bulfinch Companies, Inc.](#) "With its unparalleled approach to health, aging, fitness and client service, Life Time elevates the wellness offerings available in this region and, as one of our anchor tenants, perfectly complements the future medical users and other occupants at this well-positioned property."

Life Time Athletic Chestnut Hill joins existing destinations in Westwood and Framingham with another destination in Burlington scheduled to open in 2018. Life Time will be open seven days from 4:00 a.m. to Midnight. For more information call 781-797-2000 or visit <https://www.lifetimefitness.com/life-time-locations/ma-newton-chestnut-hill.html>.

About Life Time®

Life Time is a privately held, comprehensive health and lifestyle company and brand that offers a personalized and scientific approach to long-term health and wellness. Through its portfolio of distinctive resort-like destinations, athletic events and corporate health services, the Healthy Way of Life Company helps members achieve their goals every day with the support of a team of dedicated professionals and an array of proprietary health assessments. As of June 1, 2017 the company operates 126 centers in 27 states and 35 major markets under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information is available at www.lifetimefitness.com.

About Life Time Center

Life Time Center is Greater Boston's premier wellness and medical destination exemplifying health, wellness, fitness, nutrition, and beauty. Developed by an affiliate of The Bulfinch Companies, Inc., Life Time Center is a 286,000-square-foot mixed-use property prominently situated on Route 9 East, at the gateway to Chestnut Hill's well-established retail, business and medical corridor, and in close proximity to the world-renowned Longwood Medical Area. The state-of-the- building is targeting LEED Silver Certification featuring large, efficient floor plates, a 1,000+-car parking garage with free entrance, and convenient access to public transit by way of a private Life Time Center shuttle to the MBTA Chestnut Hill green line. In addition, the property is just steps to over 1 million square feet of urban conveniences within three newly reinvented mixed-use developments.

SOURCE Life Time

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