

Life Time Athletic Set to Transform Health and Wellness Landscape in Nashville with Opening of Life Time Athletic Franklin

New Life Time destination to bring 300 new jobs, first-of-its-kind LT Proactive Care medical practice and innovative, integrated healthy way of life services and programs

FRANKLIN, Tenn., Nov. 9, 2017 /PRNewswire/ -- Life Time[®], the nation's only Healthy Way of Life brand, announces the grand opening celebration of [Life Time Athletic Franklin](#), the company's first Nashville-area athletic resort and second Life Time in Tennessee. A special celebration and ribbon cutting event will take place at 6:00 p.m. on Thursday, November 9. Subsequently, the club will officially open to First Founder's Members at 4:00 a.m. on Friday, November 10 and all members at 4:00 a.m. on Monday, November 13.

The nearly 175,000-square-foot Life Time Athletic destination features everything members of any age could dream of in the areas of healthy living, healthy aging and healthy entertainment. Highlights of the two-story, 124,000-square-foot building include:

- Indoor aquatic center
- Two basketball courts
- Functional strength training spaces
- Group exercise studios
- LT Proactive Care medical practice
- 50,000-square-foot outdoor aquatic oasis features leisure, lap and whirlpools, water slides
- Outdoor bistro and lounge seating resort experience.

"This extraordinary development allows us to provide the Williamson County community with a comprehensive athletic resort that simply is unmatched," said Brett Huelsman, general manager of Life Time Athletic Franklin. "We are very excited to begin serving our members at their very own luxury athletic resort complete with an incredible array of health, wellness, nutrition, relaxation and entertainment services and programs."

Life Time Athletic Franklin delivers a wide-range of exclusive programming, along with a personalized approach to health and wellness, assessments and nutrition coaching that helps each member of the family achieve their optimal individual sports, health, fitness and personal performance goals.

As the ultimate boutique in the area, more than 100 studio classes will be led by an all-star cast of performers with a variety of formats for every passion and skill level. Life Time's indoor cycle program, featuring AMP, EDG and PWR classes, will fill the state-of-the-art Cycle Studio, while exclusive Signature Studio, Yoga and Barre classes such as Strike!, TCX, Warrior Sculpt and LifeBarre will occupy beautifully designed studio spaces. Additionally, small group training programs, such as Alpha and TEAM training, will be conducted in designated functional training spaces throughout the Life Time resort.

Life Time Athletic also features Tennessee's first-of-its-kind, LT Proactive Care Franklin Medical, a physician owned medical practice focused on innovative ways to help patients achieve optimal health. LT Medical brings an integrated, whole-body approach that incorporates the three pillars of optimal health: medicine, nutrition, and exercise.

The multidisciplinary team of physician and registered dietitians, led by practice owner and medical director, Charles Marable, MD, works with Life Time personal trainers to build personalized care plans to help patients achieve their health goals. This 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 Franklin members.

Additional Life Time Athletic Franklin highlights include:

- Life Time Kids Academy, a unique membership program designed especially for kids from three months to 11 years, led by hand-picked, certified experts committed to childhood development.
- LifeCafe, a fast-casual restaurant serving healthy food and beverages free of trans fats, bleached flours, and artificial flavors, colors, preservatives and sweeteners.
- LifeSpa, offering full-service hair, nail and skin care services and therapeutic massage and open to members and non-members. Non-members receive access to the club and two hours of complimentary access to Life Time Kids Academy.
- Ultimate Hoops, the largest recreational basketball league in the country, featuring leagues and pick-up games, along with UH Training programs for youth and adults.
- 400 pieces of best-in-class cardiovascular and resistance training equipment.
- Complimentary towel and locker service.


Life Time Athletic Franklin is the Company's 129th location in North America and second in Tennessee, joining Life Time Athletic Collierville in the greater Memphis market. The destination will be open seven days a week from 4:00 a.m. to midnight. A range of memberships are available for individuals, couples and families. For more information about Life Time Athletic, call 615.685.7000 or visit the [website](#).

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 encompasses the entire spectrum of daily life for individuals, couples and families of all ages. For more information visit www.lifetime.life.

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