

Life Time's Largest Athletic Lifestyle Resort Welcomes Musician, Yogi and Humanitarian Michael Franti for Opening Weekend Celebration in South Charlotte

320,000-square-foot country club-style destination offers members and guests exclusive programming and personalized approach to health and wellness

CHARLOTTE, N.C., Dec. 16, 2017 /PRNewswire/ -- [Life Time Athletic Charlotte](#) celebrated the grand opening of its new destination at 11220 Golf Links Drive on Thursday, Dec. 14, and on Saturday morning, Michael Franti, musician, filmmaker, yogi and humanitarian, led a once-in-a-lifetime yoga class for nearly 60 members. Following the special class with yoga and music, Mr. Franti and Life Time, through its [Member Advantage](#) program, surprised one of the new Life Time members with an all-expenses-paid trip to [Soulshine Bali](#), his oasis of yoga, soul and rock and roll in Bali.

Saturday's class marked the beginning of new and unique experiences at the new healthy living, healthy aging, healthy entertainment destination for its members. "Life Time is a way of life—from working out to recovery and relaxing," said general manager Johnny Groff. "From our littlest members in our Kids Academy to most seasoned adults, we can't wait to help people on their healthy way of life journeys."

As the largest Life Time to date, the massive club spans more than 320,000-square-feet and delivers an unparalleled athletic experience to South Charlotte. The expansive resort covers more than 24 acres and features a wide-range of exclusive programming including over 100 group fitness classes a week and personal and small group training with assessments and nutrition coaching that are tailored to help each member of the family. In addition, the facility boasts extensive tennis, basketball and aquatics programs and teams, Life Time Kids Academy from children 3 months to eleven, LifeCafe fast-casual restaurant serving healthy food and beverages, LifeSpa, offering full-service hair, nail and skin care services and therapeutic massage, LT Proactive Care Medical, a physician owned medical practice focused on innovative ways to help patients achieve optimal health and more.

Life Time Athletic Charlotte is the 130th Life Time destination in North America and the first built club in Charlotte (Life Time also operates smaller destinations in [Matthews](#) and at [University Blvd](#) in Charlotte). The destination is open seven days a week from 4 a.m. to midnight beginning Tuesday, Dec. 19 at 4:00 a.m. For more information about Life Time Athletic, visit the [website](#) or [Facebook](#) page.

About Life Time®—Health 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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For further information: Media Contacts: Natalie Bushaw / Life Time / nbushaw@lt.life / 952.229.7007; Callie Wamsley / M² Public Relations / callie@msquaredpr.com / 704.733.9657

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