

Life Time Expands Houston Presence with Baybrook Opening; More than \$37 Million Athletic Lifestyle Resort Opens at 4 a.m. on December 21

255,000+-square-foot athletic, spa and tennis destination creates more than 300 new jobs and inspires healthy living for members

BAYBROOK, Texas, Dec. 20, 2018 /PRNewswire/ -- Life Time, the premier healthy lifestyle brand, is continuing to transform the healthy living landscape in the Houston area with the opening of [Life Time Athletic Baybrook](#). A grand opening celebration to showcase its spaces, programs and team members will take place at 6 p.m. on Thursday, December 20 with tours, fitness demonstrations, food sampling and kids' entertainment. The club will open to all members at 4 a.m. on Friday, December 21. The Baybrook location has created more than 300 new positions to serve members in a variety of full and part-time roles.

Located at Baybrook Mall, 19250 Gulfbrook Drive, the massive 255,000+-square-foot destination is the company's ninth location in the Houston market. It follows the successful opening of [Life Time Athletic Cypress](#) this past June and is one of three additional Life Time destinations planned, including [Houston Greenway](#) and Houston's first [Life Time Work](#), a new co-working space to be located at City Centre both set to open in 2019.

With modern architecture, beautiful spaces and an abundance of amenities, the Life Time footprint delivers an unparalleled athletic resort experience with cutting-edge programming led by the area's top instructors and professionals. The expansive resort features everything members of any age could dream of in the areas of healthy living, healthy aging and healthy entertainment, including:

- Dedicated studios for exclusive [group fitness, cycle, yoga and Pilates](#) programming; one-on-one and small group [GTX and Alpha Training](#)
- More than 400 pieces of best-in-class cardiovascular and resistance training equipment
- The Zone, a dedicated space for athletic performance and recovery featuring metabolic assessments, nutrition coaching, sports and athletic recovery treatments, and chiropractic and physical therapy care
- State-of-the-art, outdoor tennis complex featuring eight hard surface courts with lessons, leagues and tournaments for all ages
- Indoor and outdoor aquatic center with lap and leisure pools, whirlpools, slides and an outdoor bistro
- A dedicated [Kids Academy](#), for kids ages three months to 11
- [LifeCafe](#), a nutrition-focused fast-casual restaurant
- [LifeSpa](#), a full-service salon and spa;
- Luxurious dressing rooms with whirlpools, saunas, steam rooms and complimentary towels and lockers.

"Our entire focus is to help people live healthy, happy lives and this incredible, new Baybrook destination certainly furthers the positive health impact we are able to have throughout Greater Houston," said Clarence Latson, general manager of Life Time Athletic Baybrook. "We are thrilled with the continued growth within the Houston market and look forward to serving the community and our members with a broad array of health, wellness, nutrition, relaxation and entertainment services and programs."

Life Time Athletic Baybrook is the 141st Life Time destination in North America and the second Houston location to be built since 2010. Other clubs include City Centre, Champions, Cypress, Kingwood, Cinco Ranch, Lake Houston, Sugar Land, and Galleria Tennis.


Life Time Athletic Baybrook will be open seven days a week from 4 a.m. to midnight. A range of membership options are available for individuals, couples and families. For more information about Life Time Athletic, please call 346.600.7800, or visit [our website](#).

About Life Time® – Healthy Way of Life

Life Time champions a healthy and happy life for its members across 141 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.

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