

Life Time Disrupts Shared Workspace Industry with June 7 Opening of Life Time Work City Centre Five

New concept creates cohesive coworking and athletic experience

(Houston, TX) - As Life Time, the nation's premier healthy lifestyle brand, continues to add to its health and wellness portfolio and high-end athletic lifestyle resorts, the company today announced the opening of Life Time Work City Centre Five, the first-of-its-kind in Texas - and third in the country. Life Time Work City Centre Five is located at 825 Town & Country Lane, adjacent to Life Time Athletic.

Purposely designed to promote a healthy and fulfilling work life, Life Time Work welcomes its members with elegant workspaces for a variety of needs and appointments that promote comfort, collaboration and productivity. Its unmatched amenities and upscale layout and design truly provide a high-end, flexible and turnkey office environment for the busy professional.

"Life Time Work is a natural extension of the lifestyle brand we have built in our athletic resorts over the past 27 years," said Life Time Work President James O'Reilly. "With Houston's continued growth and diversified business and entrepreneurial community, City Centre is the perfect location for us to unveil this concept. We look forward to helping our members in their pursuit of a fulfilling and healthy worklife."

Featuring 25,000-square feet of sleek ergonomic workspaces, a dynamic lounge, state-of-the-art conference rooms and both private and open-plan workspaces, Life Time Work City Centre Five features a select number of membership options, including Office Resident, Open Resident and Lounge access. Each provides additional diamond-level access to all Life Time destinations nationwide with all of the tools and amenities needed to work and workout. Highlights of the space include:

- 79 Open Resident desks include a dedicated desk in an open plan resident space
- 48 Offices include a private, enclosed office for you and your team. Offices range from 2-4 desks per office
- Lounge spaces
- 8 phone booths and 2 phone rooms
- 5 conference rooms
- Monthly events and curated content
- Access to a tech-guru and printing, scanning and copying

Life Time is continuing to expand its presence in the Greater Houston-area with two additional locations scheduled to open, including Greenway later this year and GreenStreet in 2020, which will also include Life Time Work. Life Time currently has ten athletic resorts throughout Houston. For more information, visit [lifetime.life/work](https://www.lifetime.life/work).

About Life Time - Healthy Way of Life

Life Time champions a healthy and happy life for its members across 143 destinations in 39 major markets in the U.S. and Canada. As the nation's premier healthy lifestyle 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.
