

Life Time Joins Forces with Children's Miracle Network Hospitals

First-ever "Crushin' It" event to take place at 32 Life Time Destinations on Oct. 12

[Life Time](#)® – a luxury athletic resort designed with health, wellness and community at its core – is working with Children's Miracle Network Hospitals® to help sick and injured kids have a fighting chance at a healthier tomorrow.

The partnership will come to life on October 12 when 32 Life Time destinations will host the inaugural [Crushin' It for the Kids](#) charity workout benefitting 8 local Children's Miracle Network Hospitals (*Children's Hospital Colorado, Children's Hospital of Philadelphia, Children's Health, Children's Specialized Hospital, Cook Children's, Gillette Children's Specialty Healthcare, Phoenix Children's Hospital and Primary Children's Hospital*) along with the Life Time Foundation, which partners with school districts across the country to eliminate harmful and artificial ingredients from their food programs.

Crushin' It participants will take part in a fun morning workout during a custom, one-of-a-kind Alpha or GTX workout while making a tremendous impact on their communities.

GTX: Work through cardio and strength training circuits. Go beyond the basics with body changing cardio conditioning and advanced strength training to tone and transform.

Alpha: Train in this high intensity, insanely effective, fat torching program. Olympic lifting, strength training, and athletic movements deliver results at the highest level.

"We love kids at Life Time and want all of them to have the best shot at living healthy, happy lives," said David Freeman, the national manager of Life Time's Alpha program. "It's truly amazing to have our GTX and Alpha programs partner with Children's Miracle Network Hospitals and the Life Time Foundation to help sick and injured kids get better and ensure kids are eating whole, real foods in schools. It's all creating an influence on our coaches to impact even more lives."

Life Time's new partnership with Children's Miracle Network Hospitals aligns beautifully with their commitment to championing a healthy and happy life for its members. In 2020, Life Time is excited to expand Crushin' It for the Kids to all ~150 of their athletic resorts, ultimately providing life-saving funds to 40+ local children's hospitals.

"We are thrilled to be partnering with Life Time to help further our mutual missions to better the communities we work and live in. The funds raised by Life Time's initiatives will impact over 10 million children treated each year at local CMN Hospitals throughout the country. We are grateful for the opportunity to, together, improve the lives of sick and injured kids," said John Lauck, president and CEO of Children's Miracle Network Hospitals.

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