

LIFE TIME WORK™



Reimagine Your Worklife

Premium coworking designed for a healthy lifestyle

## Pursue better health and productivity all with one membership

Life Time Work seamlessly integrates your professional and health goals, resulting in our members being productive, engaged and fulfilled. Membership to our premium coworking space includes access to more than 160 athletic club locations in North America.



## Membership offerings

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Reserve a dedicated workspace or choose the flexibility of our dynamic, open-plan lounge.

We have a membership to fit your unique workstyle.

### OFFICE RESIDENT

Access a private office for you and your team with sit-to-stand Herman Miller desks and lockable filing cabinets.



### OPEN RESIDENT

Enjoy a dedicated, sit-to-stand Herman Miller desk, secure storage and unlimited access to our open lounge area.



### LOUNGE

Comprehensive, open-plan workspace with a variety of environments to support productivity, focus and collaboration.



## Membership Options and Amenities

	OFFICE RESIDENT	OPEN RESIDENT	LOUNGE
Comfortable furnishings	✓	✓	✓
Complimentary coffee	✓	✓	✓
Print, copy, scan	✓	✓	✓
Teleconference, video conference and conference room access	Credits + \$	Credits + \$	Credits + \$
Fast, business-class WiFi	✓	✓	✓
Hosted events at Life Time Work	✓	✓	✓
Dedicated Life Time Work team	✓	✓	✓
Tech support	✓	✓	✓
Library tables with charging stations	✓	✓	✓
Shred	✓	✓	✓
24/7 access to workspace			
Private phone rooms	✓	✓	✓
Secure entry	✓	✓	✓
Receive guests	✓	✓	✓
Community kitchen	✓	✓	✓
Complimentary healthy snacks	✓	✓	✓
Ergonomic seating	✓	✓	✓
Purchase locker for safe storage	\$	\$	\$
Sit-to-stand Herman Miller desks with secure storage	✓	✓	
Closed-door offices for 1+ people	✓		
Life Time Digital and Apple Fitness+	✓	✓	✓
Up to 2.5 hours of child care daily*	✓	✓	✓
Life Time athletic club membership	✓	✓	✓

\*Included with paid Junior membership dues. Parents must remain onsite while their children use the Kids Academy. Amenities vary by location.

Learn more about Sandy Springs



Learn more about Buckhead





WELL-APPOINTED  
CONFERENCE ROOMS



COMMUNITY  
KITCHENS



PRIVATE PHONE BOOTHS  
AND COMMUNAL SEATING



## Health and well-being

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Find better balance in your worklife with ways to move your body and challenge yourself or relax while you reflect on what's to come.

## Integrating your work with a healthy lifestyle

Small steps toward better well-being add up to big impact on your physical and mental health. That's why we've thoughtfully designed Life Time Work to include daily wellness inspiration; movement and physical activity opportunities; access to clean, whole food choices; stress management tips; natural light, clean air and enhanced cleaning protocols; meaningful social connections; and rest and self-care.

### ATTRIBUTES AND PRACTICES

Plant life and greenery

Eco-friendly practices

Nontoxic cleaning products

Sit-to-stand desks and ergonomic seating

LED lighting (not harsh florescent lighting)

Healthy snacks

Refillable water stations

Glassware provided in our community kitchen to help eliminate single-use waste

Convenient, order-ahead options from the LifeCafe®

Members-only workouts and accountability programs

Monthly e-newsletters with healthy recipes, stress management tips and more



\*Life Time Work member must enroll as a new member before the Life Time Work Grand Opening to receive Founding Member benefits, and cannot be combined with other enrollment packages.

## The world's only integrated coworking space and health club experience.

Daily exercise is shown to help improve brain function, and we make it easier to build time for a workout into your workday. All members receive access to our feature packed Life Time Digital app to work out how and where you want with virtual training programs, on demand classes and much more. Our world-class athletic country clubs are located within or just minutes away from each of our Life Time Work locations.





#### CLUB AMENITIES INCLUDE\*

Expansive workout floor with best-in-class machines

Studio, cycle and yoga classes

One-on-one and Signature Group Training programs (additional fee required)

Indoor and outdoor pools

Luxurious locker rooms with steam, saunas and whirlpools

Full-service spa and salon

Kids area with classes, events and school-break and summer camps

Digital membership perks included: live-streaming classes, on-demand workouts, virtual training programs

#### LIFETIME DIGITAL BENEFITS INCLUDE\*

Livestream and on-demand classes

Apple Fitness+

Virtual training

Weight loss programs

Meditation programs

Nutritional and equipment discounts

Curated content

\*Amenities and services vary by location.



## Community & networking

Engage with the network of professionals around you to connect, share and learn.

## Foster connection. Enhance productivity.

Plug into the energy of a like-minded community where curiosity and learning are shared priorities. You'll open the door to new perspectives, broadening your network and engaging with others outside your industry.

A change in your work environment can also boost creativity and problem-solving skills. Choose from a range of available workspaces, including collaboration spaces, natural lighting and — in some locations — outdoor areas.

## A place for everyone

We're committed to inclusion, equity and diversity across our communities. We value the diverse backgrounds, cultures and experiences of our members and team members and believe each of them should have equal amplification and importance. We embrace our commitment to recognize, elevate and empower women and the BIPOC and LGBTQIA+ communities to ensure all are equally heard, accepted, respected and supported to fully participate.



We offer monthly community events, LinkedIn groups, member-only experiences, social events and fitness opportunities





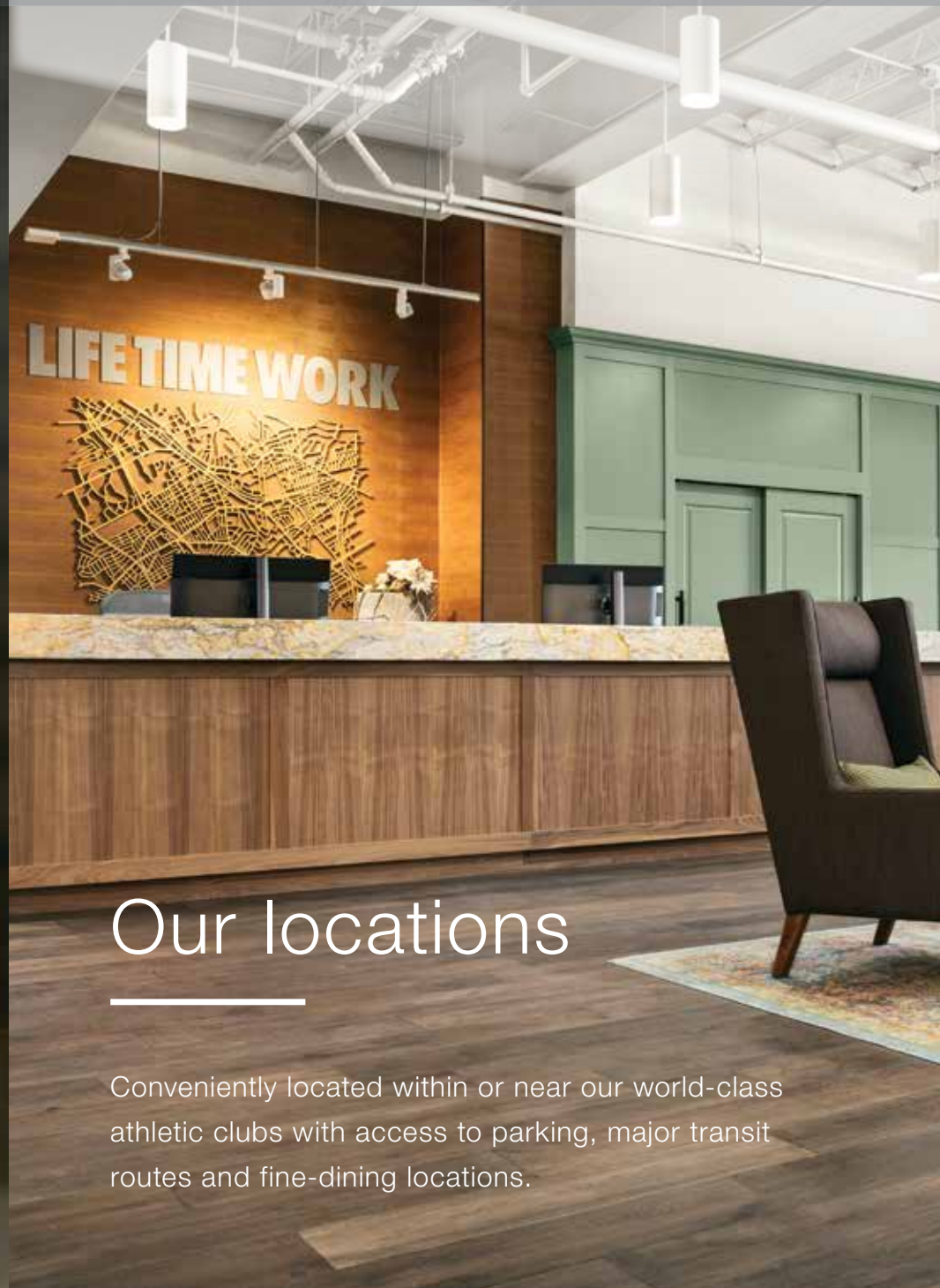


Discover what's possible with a community dedicated to healthy living. Be inspired to set new goals, do what you've never done and enjoy every moment. All you have to do is begin.

LOVE YOUR LIFE

“You’re surrounded by many other professionals that work in different areas. There’s a lot of people you maybe don’t necessarily work with directly, but in a way, you all become colleagues through the connection here at Life Time Work.”

*Jon R., member of Life Time Work  
West End – St. Louis Park*



## Our locations

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Conveniently located within or near our world-class athletic clubs with access to parking, major transit routes and fine-dining locations.

As the way we work continues to evolve, we're proud to expand our premium coworking locations to accommodate a more independent workforce.

Life Time Work members enjoy the flexibility to move between locations and explore our offerings — wherever your work takes you.

Visit **work.lifetime.life** to take a virtual tour of our current locations listed below and view how each Life Time Work sparks productivity and generates positive energy. You can also learn more about our upcoming coworking spaces.

[Bridgewater](#)  
Bridgewater, NJ

[Edina at Southdale](#)  
Edina, MN

[West End](#)  
St. Louis Park, MN

[Ardmore](#)  
Ardmore, PA

[GreenStreet](#)  
Houston, TX

[City Centre Five](#)  
Houston, TX

[Coral Gables](#)  
Miami, FL

[River North](#)  
Chicago, IL

[Downtown Minneapolis](#)  
Minneapolis, MN

[Buckhead](#)  
Atlanta, GA  
Arriving Soon

[Sandy Springs](#)  
Atlanta, GA  
Arriving Soon

*Additional locations  
to be announced soon.*

Learn more about our two new locations arriving soon to Atlanta.

**Buckhead**  
3476 Peachtree Road  
Atlanta  
[work.lifetime.life/buckhead](http://work.lifetime.life/buckhead)

**Sandy Springs**  
5630 Roswell Road  
Sandy Springs  
[work.lifetime.life/sandysprings](http://work.lifetime.life/sandysprings)