

THE ONLY PREMIUM WORKSPACE + ATHLETIC COUNTRY CLUB EXPERIENCE

LIFE TIME WORK[®]

(01)

Life Time began as a vision

Bahram Akradi (Founder, Chairman & CEO) saw something completely different in a health club. Something that went beyond a “gym” to provide an experience that improved all aspects of well-being.



A high-angle, wide shot of a modern office lounge. The space is characterized by large windows on the left and right, providing ample natural light. In the center, a brown leather tufted sofa is positioned against the wall, with a round white coffee table in front of it. A person is seated on the sofa, and another person is sitting in a brown armchair to the right. A large potted plant stands near the windows. In the foreground, a person is seated at a long wooden desk, working on a laptop. The floor is covered with a patterned rug, and the overall atmosphere is bright and professional.

POWERFUL

You begin to understand.

The rhythm of daily rituals.
The importance of quick conversations over
fresh coffee. The energy that comes from
scheduled workouts — that build strength in
body, mind and spirit. The appreciation for
the quiet spaces, the rowdy celebrations
and how important it is, this place you have
in a community you love.

NETWORK

HEALTHY

PURSUIT

It started with a simple observation: an increasing number of our members were working in our cafes and lounges, making us their default workspace. They not only enjoyed it, but it also made things so much more convenient. That's why we began to rethink the office, with health and well-being at heart.

The result is Life Time Work. The only coworking space of its kind. Combining premium workspaces with the exclusive Athletic Country Club experience, championing a healthy, happy work life.

DISCOVER THE BENEFITS OF A LIFE TIME WORK MEMBERSHIP AT [WORK.LIFETIME.LIFE](https://work.lifetime.life)

ELEVATED

AMENITIES

DISCOVER THE SPACES

MORE FOR YOUR BUSINESS



(+) Luxury finishes



(+) Ample collaboration spaces



(+) Full-service kitchen



(+) State-of-the-art conferencing



(+) Dedicated quiet focus areas



(+) Outdoor space

OTHER AMENITIES

- (+) Multimedia ready
- (+) Fast, secure WiFi
- (+) Members-only workouts and exclusive events
- (+) Technology support
- (+) 24/7 access
- (+) Secure entry
- (+) Full-service concierge
- (+) Private phone rooms
- (+) Secure release, print, copy, scan and shred
- (+) Guest privileges

DISCOVER THE BENEFITS OF A LIFE TIME WORK MEMBERSHIP AT [WORK.LIFETIME.LIFE](https://work.lifetime.life)

Amenities vary by location. Additional fees may be required.

EXPLORE

JOIN US

THREE WAYS TO GET WORKING

(01) PREMIUM OFFICE RESIDENT

Private space for you and your team, from 1 to 30 people



Private & lockable



Room for the team



Dedicated Office



Unlimited Lounge Access



(02) OPEN RESIDENT

Dedicated desk with unlimited lounge access



Dedicated Desk



Unlimited Lounge Access



(03) FLEXIBLE LOUNGE

Choice of dynamic, open workspaces



Open-plan



Dynamic Seating



OTHER AMENITIES

(+) Luxury amenities and furnishings (+) Impressive conference spaces (+) Energized collaboration areas (+) Tax benefits

CONNECT AND JOIN A COMMUNITY

(+) Other like-minded professionals (+) Speakers and events (+) Networking

Amenities and events vary by location. Additional fees may be required.

MEMBERSHIP

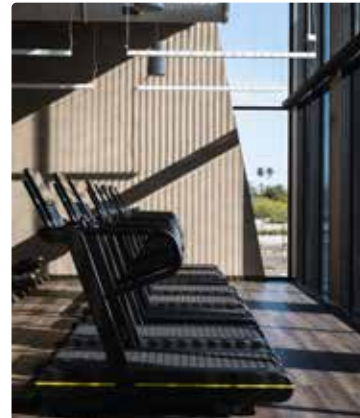


IT'S ALL

RIGHT HERE

COWORKING & ATHLETIC COUNTRY CLUB EXPERIENCE

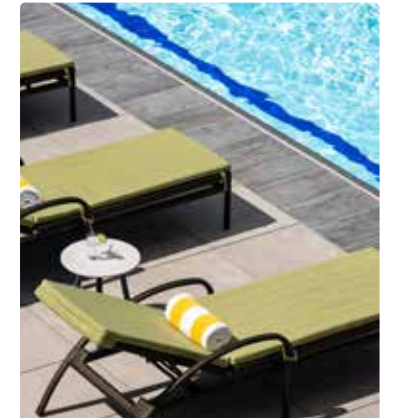
AN EASIER WAY TO LIVE A HEALTHY LIFE



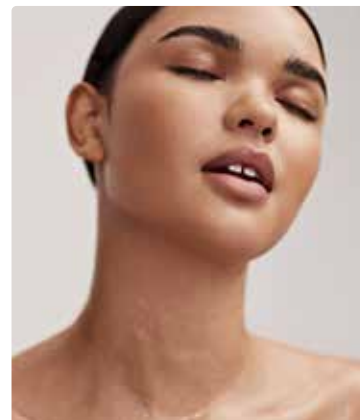
(+) State-of-the-art equipment



(+) Studio (+) Cycle (+) Yoga



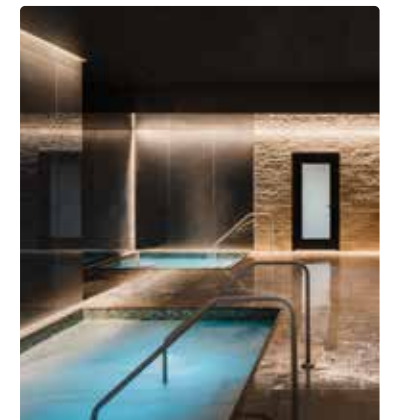
(+) Beach Club



(+) Full-service spa & salon



(+) Culinary-focused cafe menus



(+) Luxurious amenities

(<) **Dynamic Personal Training** Our all-new, proprietary training program designed to get you hands-on results.

Programs and amenities vary by location. Additional fees may be required.

PRIME

LOCATIONS

Bundle your Work membership and our Athletic Country Club offering with preferred rates, and gain access to 160+ club locations, many with dedicated workspace.

OPEN

Coral Gables*
Miami, FL

Buckhead*
Atlanta, GA

Sandy Springs
Atlanta, GA

River North
Chicago, IL

Downtown Minneapolis
Minneapolis, MN

Edina at Southdale*
Edina, MN

West End*
St. Louis Park, MN

Bridgewater
Bridgewater, NJ

Beaverton
Beaverton, OR

GreenStreet
Houston, TX

City Centre Five
Houston, TX

Ardmore*
Ardmore, PA

Clarendon*
Arlington, VA

NEW & UPCOMING

Shenandoah
Shenandoah, TX

Middletown-Red Bank
Red Bank, NJ

Brooklyn Tower
Brooklyn, NY



VIEW ALL LOCATIONS AT [WORK.LIFETIME.LIFE](https://work.lifetime.life)

* Athletic country club access included with Work Membership at no additional cost.

Life Time Digital access included in all Life Time Work memberships. Preferred pricing available to bundle athletic country club access with Life Time Work membership.

