

HEALTHY AND HAPPY EVERYWHERE YOU GO

The Life Time app is your key to our comprehensive suite of digital fitness, wellness, and lifestyle content, expertly curated to help you achieve and exceed your goals.

Download the Life Time app, available at no charge to you, to find all the complimentary tools, resources and support for your healthiest, happiest life.

FREE DIGITAL MEMBERSHIP EXCLUSIVES

- Live Streaming Classes—enjoy a front row seat in our most popular formats
- On-Demand Classes—break a sweat anytime, anywhere
- Training Programs—track along with our expert coaches to unlock your full potential
- LT Shop Exclusives—Discounted pricing on the best products and apparel

Scan the QR code below to download the Life Time app via the Apple Store or the Google Play store or visit lifetime.life/digital-app.



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