

Life Time Athletic set to open in Bellevue

The region's first location will open on April 13.

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In a company first, Life Time, the nation's only Healthy Way of Life brand, is bringing its luxury health and wellness experience to the Seattle market with the April 12 grand opening celebration of Life Time Athletic Bellevue.

Representing the ultimate in healthy living, healthy aging and healthy entertainment offerings, Life Time Athletic Bellevue delivers unmatched amenities to those who have been seeking a destination well beyond a traditional club or gym, a 'quickie' workout or a variety-lacking boutique.

An evening grand opening celebration to showcase the new, ultimate athletic boutique—complete with a full-service salon and spa, fast-casual restaurant and spaces dedicated to both adults and kids—is scheduled for Thursday, April 12, from 6 p.m. to 8 p.m. with tours, demonstrations, food and entertainment. The club will open for workouts to all members at 5 a.m. on Friday, April 13.

Life Time Athletic Bellevue, located in The Shops at The Bravern, offers more than 40,000-square-feet across two floors of expertly appointed spaces. Highlights include five specialized studios for exclusive group exercise, yoga, barre, cycle, and Pilates programming; a 10,000-square-foot fitness and training floor for individual, small group and 1:1 training with best-in-class cardio and strength-based equipment; and LifeCafe, a healthy fast-casual eatery and LifeSpa, a boutique day spa offering skin and massage services to rejuvenate and recover both open to members and nonmembers.

“We are thrilled to bring our Life Time experience to the Bellevue community with our comprehensive athletic resort that simply is unmatched in the area,” Life Time Athletic general manager Brett Christensen said. “We are honored to begin serving our members with a unique and comprehensive Healthy Way of Life experience through our incredible array of health, wellness, nutrition, relaxation and entertainment services and programs.”

Life Time Athletic Bellevue’s commitment to a Healthy Way of Life is embodied in its Core 3 philosophy: “Know it. Nourish it. Move it.”, which empowers members with knowledge about their bodies through personalized and integrated health assessments, nutrition plans and workouts and recovery offerings to create long-term health and wellness success.

Life Time Athletic Bellevue is the 132nd Life Time destination in North America. The destination will be open seven days a week from 4 a.m. to midnight. A range of memberships are available for individuals, couples, and families. For more information visit, call 206.712.7900 or visit lifetimeathletic.com/Bellevue.



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