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Life Time opens first location in CT with 52,000 s/f athletic country club

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Stamford, CT Life Time, a premier healthy lifestyle brand, opened the first Life Time in the state with a nearly 52,000 s/f athletic country club and 10,000 s/f rooftop beach resort. Simultaneously, Life Time Living, the vertically integrated residential tower featuring 290 luxury-for-lease residences, marked its official opening as well. Membership to the athletic club is available to anyone ages 14 and up, while residents of Life Time Living receive a full-access signature membership to the connected Life Time club with their rent, along with all of Life Time's more than 165 destinations across North America.

Located at 130 Tresser Blvd., Life Time's destination in the state is centered around the iconic athletic club and is accessible to all members of the community, with direct access to the Metro North Station and I-95 in the growing downtown area.

The 10-story building for residents provides community spaces and apartment homes, with junior one- two- and three-bedroom units ranging from 540 s/f to more than 2,000 s/f. Life Time Living also provides its innovative Concierge Wellness programming, which connects residents' at-home and in-club lifestyles to make healthy living easy and sustainable. The concierge team can assist with weekly meal prep from the LifeCafe, booking personal training and nutrition coaching sessions, reserving studio classes and recommending and scheduling personalized treatments with LifeSpa massage therapists.

Life Time Stamford encompasses all things healthy living with experiences, amenities and instructors and fitness professionals to help members live healthier lives. Members will have access to six studios featuring Life Time's exclusive collection of classes featuring barre, cycling, high-intensity, Pilates, strength training and yoga. Additional spaces include a fitness floor for cardio and resistance training and dedicated small group training area, and luxury amenities with steam and saunas within its dressing rooms. All members will have access to the full-service LifeCafe, the rooftop beach club with a lap pool and lounge area on the second Floor of the project, and LifeSpa massage services.

Life Time Living residents will have access to an exclusive penthouse floor with amenities such as a private dining room, exclusive work from home spaces, golf simulator, lounge and bar area, a sundeck, and a pet area. Life Time Living residents also have access to covered on-site parking with electric vehicle charging options as well as a bicycle lounge.

“Bringing Life Time to Connecticut is something we’ve been looking forward to for many years following the success of our destinations in Harrison and Chappaqua, New York,” said Parham Javaheri, Life Time chief property development officer. “We’re excited to once again be working with RoeCo, LLC and are confident this development will bring even more energy to downtown Stamford and foster a healthy, socially connected and environmentally conscious lifestyles for both members and residents.”

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