



## Mark Your Calendar: Life Time Twin City Locations Opening to Everyone from December 28 through January 5 for Commitment Day Events

### WHAT

It happens every year – New Year’s Resolutions with local health clubs filling up. But for the eighth year, Life Time has a different take, kicking off the New Year with its Commitment Day celebration.

For 2020, the Commitment Day Movement is challenging people in a new way – to commit to taking One Positive Action toward a healthier, happier life. In support of this goal, Life Time locations across the country will be open to everyone from December 28 through January 5 with a broad array of healthy and motivating events for all levels and abilities.

In another first, the company is also supporting Make-A-Wish in its mission to grant the wishes of children facing critical illnesses and the Life Time Foundation in its work to remove artificial and processed ingredients from school food.

Additional information and registration is available online at [www.CommitmentDay.com](http://www.CommitmentDay.com).

### WHY

Did you know most New Year’s resolutions only last a week or two? In fact, National Ditch Your Resolutions Day is officially on January 17th. Instead of resolutions, Life Time encourages people to make a specific commitment to One Positive Action in 2020.

### WHEN

#### Commitment Day 2020 Schedule of Events\*

Saturday, Dec. 28	Family Day
Sunday, Dec. 29	Discover Yoga Experience
Tuesday, Dec. 31	Kid’s New Year’s Eve
Wednesday, Jan. 1	Commitment Day 5K (Edina)
Thursday, Jan. 2	Group Training
Saturday, Jan. 4	Family Workout Events
Sunday, Jan. 5	Indoor Triathlons

*\*Events and activities may vary by location.*

### WHERE

- Life Time Apple Valley | 5995 149th St W, Apple Valley, MN 55124
- Life Time Bloomington North | 5250 W 84th St, Bloomington, MN 55437
- Life Time Bloomington South | 1001 W 98th St, Bloomington, MN 55431
- Life Time Champlin | 11989 Champlin Dr, Champlin, MN 55316
- Life Time Chanhassen | 2901 Corporate Place, Chanhassen, MN 55317
- Life Time Coon Rapids | 2100 Northdale Blvd NW, Coon Rapids, MN 5543
- Life Time Crosstown | 6233 Baker Road, Eden Prairie, MN 55346
- Life Time Eagan | 1565 Thomas Center Dr, Eagan, MN 55122
- Life Time Eden Prairie Athletic | 755 Prairie Center Drive, Eden Prairie, MN 55344
- Life Time Edina at Southdale | 2990 Southdale Center, Edina, MN 55435
- Life Time Fridley | 1200 E. Moore Lake Drive, Fridley, MN 55432
- Life Time Highland Park | 2145 Ford Pkwy, St Paul, MN 55116

Life Time Lakeville | 18425 Dodd Blvd, Lakeville, MN 55044  
Life Time Maple Grove | 12601 82nd Ave N., Maple Grove, MN 55369  
Life Time New Hope | 4239 Winnetka Ave N, New Hope, MN 55428  
Life Time Plymouth | 3600 Plymouth Boulevard, Plymouth, MN 55446  
Life Time Savage | 6544 Loftus Lane, Savage, MN 55378  
Life Time St. Louis Park | 5525 Cedar Lake Road, St Louis Park, MN 55416  
Life Time Target Center | 600 N. First Ave., Minneapolis, MN 55403  
Life Time White Bear Lake | 4800 White Bear Pkwy, White Bear Lake, MN 55110  
Life Time Woodbury | 675 Commons Drive, Woodbury, MN 55125

### **OVERARCHING STORY IDEAS**

- Making a commitment and sticking to it
- 2020 trends
  - Group fitness and workouts
  - Overall health and wellness
- Tips from the pros on getting back to fitness and healthy eating
- Unique New Year's commitments you can make for your health

Media are invited to Life Time for any Commitment Day event through January 5. Life Time personal trainers, coaches and dietitians will be available for interviews. Life Time experts are also available for any healthy holiday stories you may be working on over the next couple weeks.

###