

LIFETIME®

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 and your community, to find all the complimentary tools, resources, and support for your healthiest, happiest life.

Download the Life Time app to access
FREE & EXCLUSIVE CONTENT

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Enjoy a front row seat in our most popular formats

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Break a sweat anytime, anywhere

Virtual Training Programs

Track along with our expert coaches to unlock your full potential

Pickleball Training and Tutorials

Master the sport with world champion, Ben Johns

Member Pricing at the Life Shop

Explore a curated selection of products to support your goals



For more information and to download the app, please scan the QR Code or visit lifetime.life/digital-app

**Club Membership is not required to access the Life Time app. Free account registration is required to access exclusives. Other terms and conditions may apply.