

Life Time - Walnut Creek

walnut creek

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Life Time - Walnut Creek

Exploring Life Time Fitness Center in Walnut Creek, California

Life Time Fitness Center in Walnut Creek, California, is not just a gym; it's a comprehensive health and wellness hub catering to a diverse clientele. From its state-of-the-art facilities to family-friendly services, this center has something for everyone.

Amenities That Stand Out

The fitness center boasts an impressive array of **amenities**. Members enjoy access to a sauna, steam rooms, and a rooftop pool that makes workouts enjoyable, especially during warmer months. The varying **service options** like personal training, group classes, and specialized recovery areas enhance the overall experience.

Family-Friendly Environment

One of the standout features of Life Time is its commitment to being **good for kids**. The facility offers dedicated **child care** services allowing parents to work out without worry. With on-site services tailored for families, it's easy to see why this gym is a preferred choice for parents.

Accessibility for All

Life Time is designed with **accessibility** in mind. It includes a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. The locker rooms feature **wheelchair-accessible toilets**, ensuring all members feel welcome and can enjoy the facilities.

Outdoor Services and Online Classes

In addition to indoor amenities, Life Time provides **outdoor services**, including a basketball court for those looking to engage in team sports. For members interested in flexibility, **online classes** are available, making it easier to stay fit no matter the schedule.

Member Experiences and Personal Training

Members have shared positive experiences with personal trainers, like Sebastian, who are knowledgeable and dedicated to helping clients reach their goals. Many appreciate the tailored workout plans and motivation provided in sessions, highlighting how personal training enhances their fitness journeys.

Membership Requirements and Planning Your Visit

Joining Life Time requires a **membership**, which opens up access to all these incredible amenities and services. Planning your visits around class schedules can optimize your experience, especially if you want to take advantage of peak times when equipment availability is at its best.

In Summary

Life Time Fitness Center in Walnut Creek offers a unique blend of high-quality

amenities, excellent **on-site services**, and strong community engagement. Whether you're bringing children along or looking for a serious workout, this center provides an accommodating and supportive environment.

You will find us at

1315 Broadway Plaza, 94596 Walnut Creek, California - United States (US)

The contact phone of the respective **Fitness center** is +1925-951-4900
And if you want to send a WhatsApp, you can do so at +1925-951-4900

We are open during the following hours:

Day	Hours
Monday	4?AM–11?PM
Tuesday	4?AM–11?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	4?AM–11?PM
Saturday	4?AM–11?PM
Sunday	4?AM–11?PM

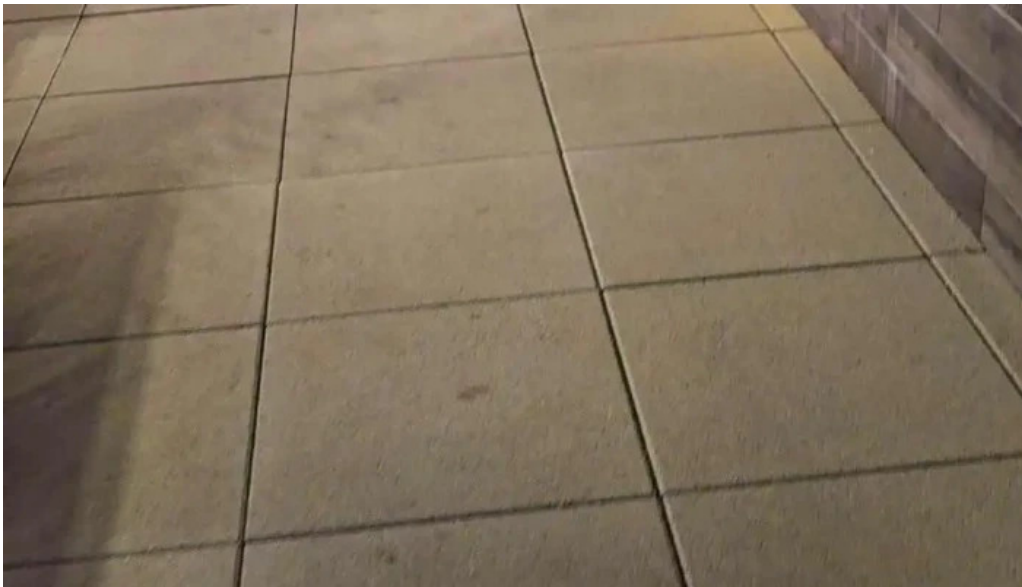
The website is Life Time

If necessary to update any detail that you believe is not precise about this portal, please forward a message so that we will fix it at the earliest convenience. Thank you in advance thanks.

Images



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Life time videos



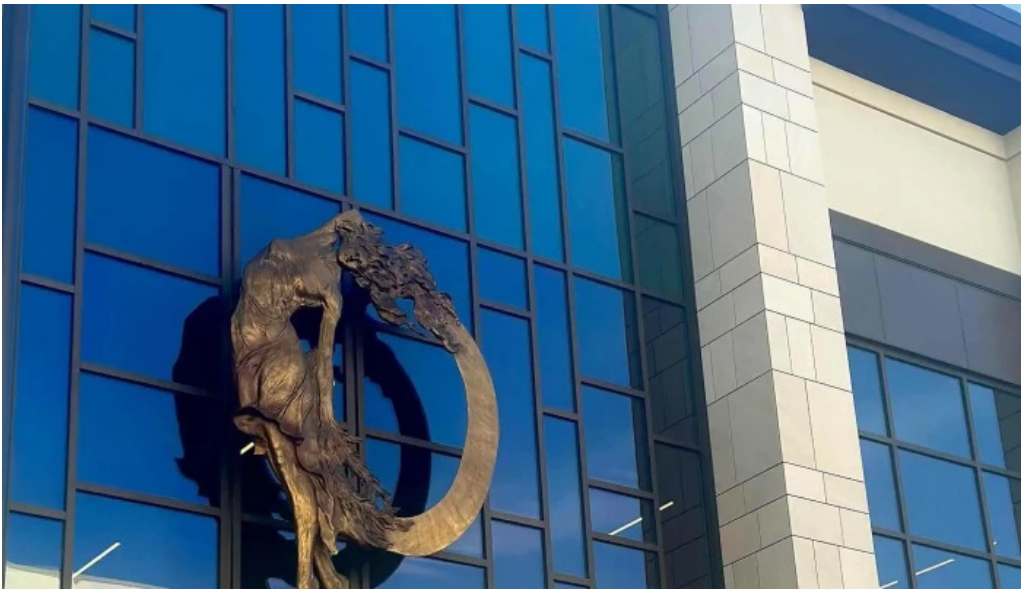
Life time street view 360deg



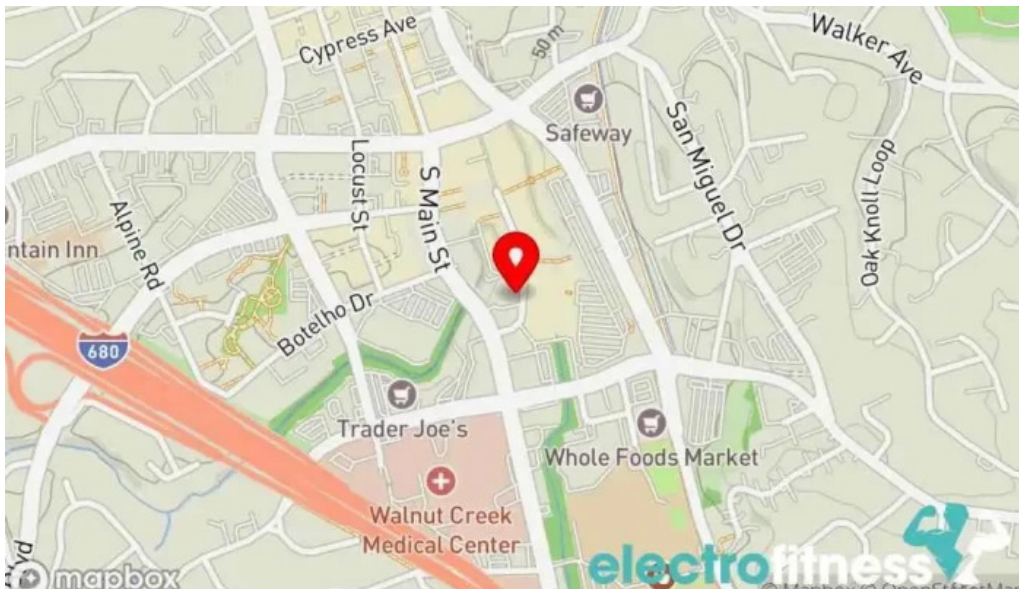
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Life time prices



Life time photos



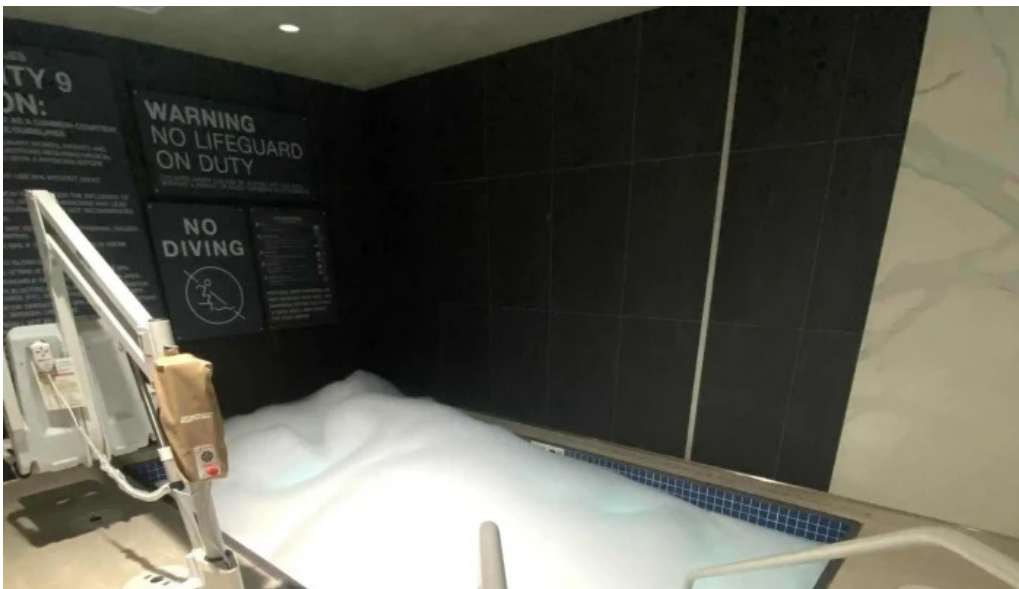
Life time map



Life time how to get there



Life time fitness center



Life time discounts



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Tags

Children, Sauna, Outdoor services, Child care, Accessibility, Wheelchair-accessible car park, On-site services, Basketball court, Online classes, Membership required, Amenities, Wheelchair-accessible toilet, Service options, Good for kids, Wheelchair-accessible entrance, Planning

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