

Life Time - Centennial

centennial

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https://www.electrofitness.com/gym/centennial/life-time-centennial_177886.php



centennial

Life Time - Centennial

Discovering Life Time Fitness in Centennial, Colorado

Life Time Fitness in Centennial, Colorado, stands out as a premier destination for fitness enthusiasts and families alike. With ****an array of amenities****, this gym offers something for everyone, from advanced fitness machinery to recreational options.

A Thriving Atmosphere

Upon entering Life Time Fitness, members are greeted with a lively and welcoming atmosphere. The facility boasts a ****basketball court**** and a ****tennis**

court**, providing ample opportunities for both casual players and competitive athletes. The spacious layout encourages interaction, making it easy to meet fellow fitness lovers.

Online Classes and Extensive Amenities

One of the standout features of Life Time Fitness is their selection of **online classes**. These classes range from yoga to high-intensity interval training, ensuring that all fitness levels can find a suitable option. Additionally, various **amenities**, such as the sauna, steam room, and outdoor services, create an unparalleled wellness experience.

On-Site Services and Child Care

For parents, the on-site **child care** services are a game changer. Members can utilize a safe environment where their children can engage in fun activities while they focus on their workouts. The **wheelchair-accessible entrance** ensures that all facilities are inclusive, enhancing accessibility for every member.

Concerns About Crowding and Maintenance

Despite its many advantages, some criticisms have arisen regarding the **crowds** and maintenance issues. Many users feel that the number of memberships should be restricted to alleviate overcrowding during peak hours. Issues like **low water pressure in showers** and the cleanliness of locker rooms have also been noted as areas needing attention.

Membership Requirements and Service Options

Membership is required to access all that Life Time Fitness offers. While the price may seem steep, many members believe the quality justifies it. However, high prices combined with limited availability can lead to frustration, especially when more amenities, such as basketball courts, are converted for other uses.

Experiences to Note

Patrons highlight the professionalism of trainers like Anastasiia, who deliver customized workout experiences, ensuring each individual meets their fitness goals safely. Positive experiences with staff have contributed to a sense of community within the gym. Yet, there have been calls for improved communication and customer service, particularly concerning account issues or inquiries.

Final Thoughts

Life Time Fitness in Centennial, CO, is undoubtedly a top-tier fitness facility with extensive services and a vibrant community. While it excels in offering diverse amenities and classes, improvements in management and facility maintenance could elevate the experience even further. For those seeking an

all-encompassing fitness destination, this facility remains a noteworthy option.

The premises are located at

5000 E Dry Creek Rd, 80122 Centennial, Colorado - United States (US)

The phone number of said **Gym** is +1720-489-1400

And if you want to send a WhatsApp, you can do so at +1720-489-1400

We open at the following schedule:

Day Hours
Monday
4?AM–12?AM
Tuesday
4?AM–12?AM
Wednesday
4?AM–12?AM
Thursday
4?AM–12?AM
Friday
4?AM–12?AM
Saturday
5?AM–11?PM
Sunday
5?AM–11?PM

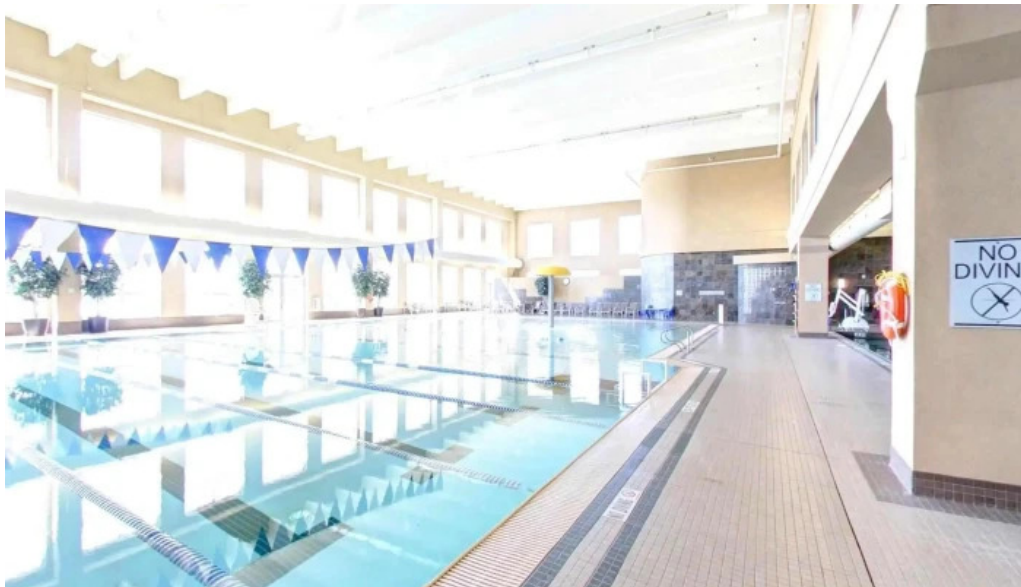
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Images



Life time website



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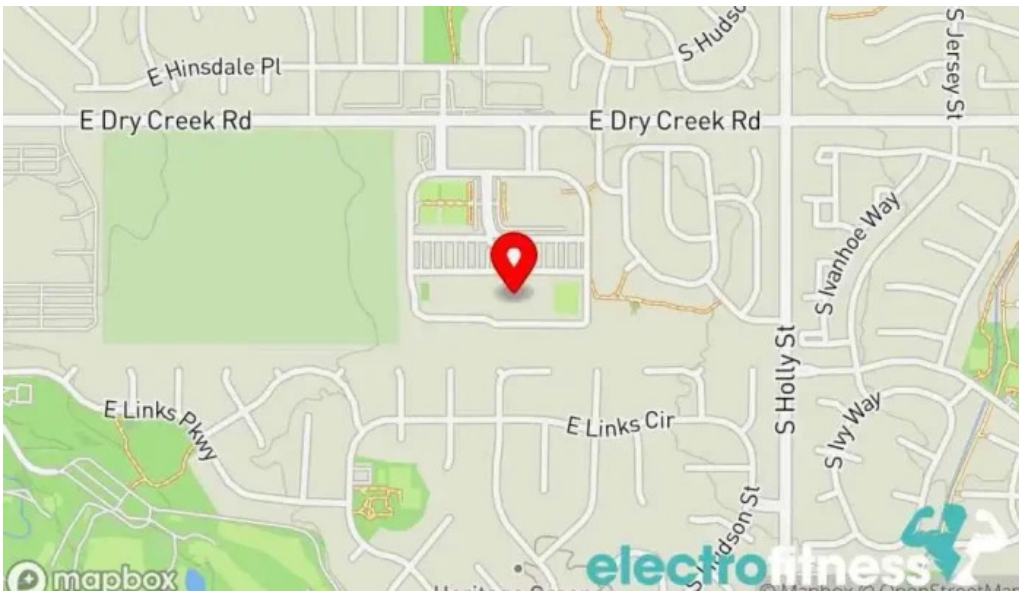
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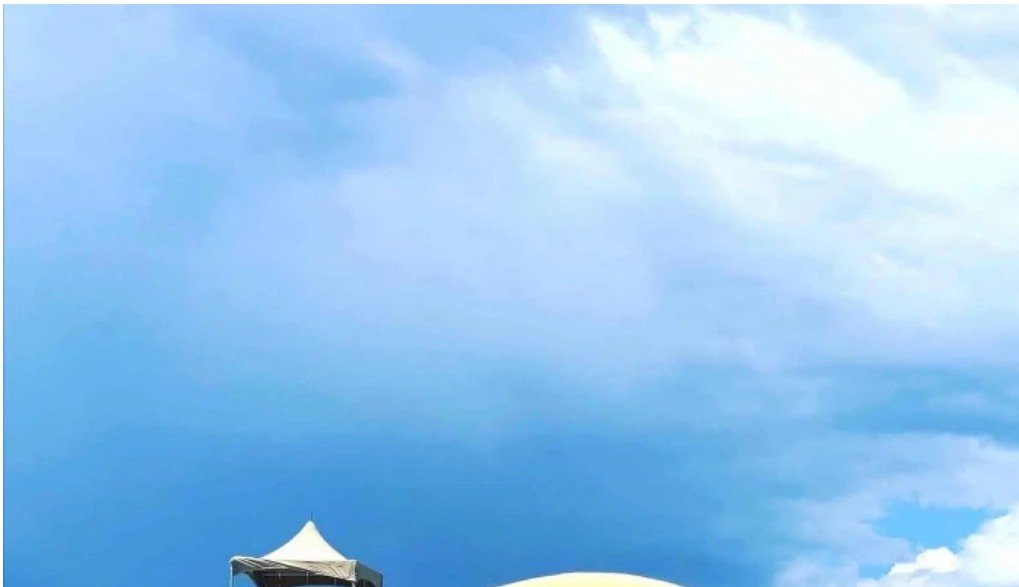
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Life time comments



Life time centennial



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Life time all



Life time address

Tags

Outdoor services, Basketball court, Wheelchair-accessible seating, Online classes, Has a tennis court, On-site services, Planning, Accessibility, Wheelchair-accessible entrance, Membership required, Service options, Child care, Amenities, Atmosphere, Shower, Wheelchair-accessible car park

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