Life Time - Video Production | Jamie Bruemmer

I started with Life Time in 2010, and I started at one of our Minnesota clubs, and I was actually a kid's manager. And had a background-- I'd been working actually in a daycare and was a director of that preschool for many years. And I was ready for a change, and that's what brought me to Life Time.

And came in as a kid's manager in 2010. And 2012, I moved clubs to a bigger club here in Minnesota, moved to our Chanhassen location, where I had the opportunity to pilot what is now Kids Academy.

And then 2014, brought me over here to the corporate office, and where I was able to really take my background, which is education, and combine that with my love for Life Time and the healthy way of life. And so I was able to take what my professional background was as well as combine it with my personal background.

For healthy way of life, you'll always see me in the Alpha Studio. I'm in there every morning at 5:00 AM, bright and early. I like to get my day started with it. I like to start my day in the clubs and living that healthy way of life before I get to the office.

And lately, like I said, it's been really predominantly Alpha, that's my biggest thing. I've always loved group fitness, but the Alpha really gets me back to my days when I was an athlete. It makes me feel like I'm an athlete again, being able to lift weights, be competitive against everybody in my class and competitive against myself as well.