

January 31, 2012



Life Time Fitness to Transform American Airlines Center into World's Largest Cycle Studio with Ride of a Lifetime

Life Time Fitness (NYSE:LTM):

What: More than 1,000 riders will transform AT&T Plaza at American Airlines Center into the world's largest cycle studio on March 17, in an attempt to be part of Guinness World Records™ history. The two-hour, high-energy Ride of a Lifetime will be led by Life Time Fitness Chairman, President and CEO, Bahram Akradi, and top Life Time Cycle instructors. Riders will be treated to music spun by the internationally-renowned DJ, Roberto Costa, as they try to break the current Guinness World Record for the largest static cycling class of 1,052, set by Life Time in Minneapolis on March 7, 2010.

When: Saturday, March 17, 2012
Check-in: 4:00 – 5:45 p.m.
Ride: 6:00 – 8:00 p.m.

Where: AT&T Plaza at American Airlines Center
2500 Victory Avenue
Dallas, TX 75219

Register: Life Time members and guests may find additional information or register for the Ride of a Lifetime at mylt.com/cycling. All participants must wear a 2012 Life Time Cycle jersey, which is included in the \$59 (prior to March 1) or \$69 (after March 1) registration fee. A portion of the proceeds will benefit the Life Time Fitness Foundation, which is currently focused on improving children's nutrition in schools.

Media is welcome to attend and take pictures/roll footage during the Ride of a Lifetime. For access to the event, media *must* contact KJ Leinberger (952-229-7162) at Life Time.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest – or discovering new passions – both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of February 1, 2012, the Company operated 92 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness
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Source: Life Time Fitness