

March 20, 2008



# Lakeville Minnesota Student to Receive Life Time Fitness Foundation Award

**Haley Bulen Chosen as Winner of Inaugural Life Time Fitness Foundation T-Shirt Design Contest; Bulen to Receive \$2,500 U.S. Savings Bond and \$2,500 for Charity of Choice at Award Ceremony**

Life Time Fitness, Inc. (NYSE:LTM):

WHAT: Inaugural Life Time Fitness Foundation Child Center T-Shirt Design Contest Award Presentation

WHERE: Life Time Fitness Lakeville - 8425 Dodd Road - Lakeville, Minnesota - 952-985-8800

WHEN: Thursday, March 20, 2008, at 2:00 p.m.

WHY: In Fall 2007, the Life Time Fitness Foundation held its inaugural Child Center T-shirt design contest within the Child Center of all Life Time Fitness locations nationally. Participants aged four to 11 submitted hundreds of original works of art depicting their interpretation of a Healthy Way of Life in keeping with Life Time Fitness' commitment to help its members lead healthy and active lives.

Nine-year old Haley Bulen, a third grader at Crystal Lake Elementary in Lakeville, Minnesota, is being recognized for her first-place entry. Bulen will receive a \$2,500 U.S. Savings Bond for her efforts, along with an additional \$2,500 to donate to her charity of her choice: Credit River Cares, a non-profit organization dedicated to helping families in need living in communities served by and attending Minnesota Independent School District 194. Bulen's winning design will be featured on a t-shirt being made available at Life Time Fitness centers nationally for \$15, the proceeds of which will support the Life Time Fitness Foundation's mission to help non-profit organizations in its communities.

## About the Life Time Fitness Foundation

At Life Time Fitness, we are committed to supporting the diverse communities in which we operate. Through the Life Time Fitness Foundation, a 501(c)(3) organization, we contribute to non-profit organizations within our communities that support the health and well-being of children and families, with particular emphasis on helping young people to maximize their potential. In support of our mission, we provide both financial and in-kind support, and the time of our team members through volunteerism. Support for our Foundation comes through the generosity of our team members, members and partners, in addition to an ongoing investment made by Life Time Fitness. Because the Life Time Fitness Foundation operates without the burden of administrative costs, 100% of all donations are directed to the non-profit organizations we serve.

## About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events, and nutritional products. As of March 20, 2008, Life Time Fitness operated 71 centers in 16 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and five preview locations in existing and new markets. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at [www.lifetimefitness.com](http://www.lifetimefitness.com). LIFE TIME FITNESS, the LIFE TIME FITNESS logo, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.