

August 22, 2008



CityCentre Life Time Athletic Set to Open on Friday, September 12 in Houston

VIP Preview Celebration to Occur Wednesday, September 10

CHANHASSEN, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE: LTM) today announced that the Grand Opening of its newest exclusive and luxurious Life Time Athletic club in Houston's CityCentre development, will occur Friday, September 12, 2008, at 5:00 a.m. This is the Company's first three-story center to open in the country and the fourth Life Time Fitness location in the Houston area, joining the Willowbrook, Cinco Ranch and Sugarland locations.

CityCentre Life Time Athletic members, area residents and special guests are invited to take part in a VIP preview celebration and ribbon cutting ceremony on Wednesday, September 10, 2008, beginning at 6:45 p.m. The event will offer tours of the distinctive, large new three-story facility and feature opportunities to experience program demonstrations and activities.

In keeping with the Company's commitment to help members achieve and lead a healthy and active way of life, CityCentre Life Time Athletic offer a comprehensive array of family sports and recreation, health and fitness and resort-spa amenities, programming and services, supported by a team of certified fitness and nutrition specialists.

Life Time Fitness officials commented on its latest opening in Houston. "We are proud to be a part of the CityCentre community and to serve consumers with this incredible facility and associated healthy-way-of-life, spa and recreational programs and services which are enveloped in a luxurious, resort-like environment," said Mike Gerend, President and Chief Operating Officer, Life Time Fitness. "Because we limit the number of available memberships at each Life Time Athletic club, members are provided an added level of personalized services and benefits in a relaxing and rejuvenating atmosphere."

Among the multitude of CityCentre Life Time Athletic amenities are over 400 pieces of state-of-the-art cardiovascular and resistance equipment, multiple group exercise, Pilates and yoga studios with free and fee-based programs, a cycle theatre, team of certified personal trainers and programming, wide selection of adult and youth programs and activities, indoor rock climbing cavern, two full-size basketball courts, and dry saunas. The facility also features indoor and outdoor aquatics areas with multiple pools.

Families will appreciate Life Time Fitness' large, interactive child center, featuring a play maze, junior basketball court, computer lab, children's activity areas, and a separate infant playroom. Dedicated family dressing rooms also are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair, nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in healthy food and beverage services.

Life Time Fitness provides 24 hour access, complimentary towel and locker service and an initial 30-day money-back guarantee with no long-term membership contracts.

For more information about CityCentre Life Time Athletic, please visit

lifetimefitness.com/city-centre.

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 August 22, 2008, Life Time Fitness operated 74 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, 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.

Note To Editors:

CityCentre Life Time Athletic is located at 12888 1/2 Queensbury Lane, Houston, TX 77024

The center's telephone number is 713-464-1200.

Please contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.