

August 22, 2008



Rockville Life Time Athletic Set to Open on Wednesday, September 10

VIP Preview Celebration to Occur Tuesday, September 9

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 Rockville, Maryland, will occur Wednesday, September 10, 2008, at 6:00 a.m. This is the Company's the fourth location in the market, joining Life Time Fitness centers in Fairfax, Virginia, Centreville, Virginia and Columbia, Maryland.

Rockville Life Time Athletic members, area residents and special guests are invited to take part in a VIP preview celebration and ribbon cutting ceremony on Tuesday, September 9, 2008, beginning at 6:45 p.m. The event will offer tours of the 67,000 square foot facility and feature opportunities to experience program demonstrations and activities.

In keeping with the rich arrangements and personalized services found at Life Time Athletic clubs, the Rockville facility offers a richly appointed, full-service day spa with the latest in massage and relaxation therapy, and a comprehensive range of body, hair, nail and skin care services. Additionally, Rockville Life Time Athletic will provide the finest in cardiovascular and resistance machines, beautifully appointed Pilates and yoga salons with unlimited, complimentary yoga, dedicated group fitness and cycle studios, and relaxing whirlpools. A staff of certified personal trainers and nutrition coaches will serve members with personalized assessments and fitness and nutrition programs designed to help them achieve and maintain healthy and active lifestyles.

Luxurious dressing rooms adorned with cherry wood lockers and stone and granite features will provide the utmost in comfort and convenience. Furthermore, a chef-driven LifeCafe will feature an all-natural menu with an abundance of organic, no-preservative and free-range offerings. Pre-prepared selections, including fresh, organic fruit and granola items will be available, along with made-to-order items prepared by a specialty chef. The club also will feature a child center with interactive play areas and a computer center.

Stone sculpture accents round out the center's exquisite finishes and ambiance.

"We are proud to be a part of the Rockville community and to introduce this incredible healthy-way-of-life environment accented with its rich finishes along with the exclusivity of our Life Time Athletic setting," 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 member benefits in a setting that inspires relaxation and rejuvenation"

Additional information is available online at www.lifetimefitness.com/rockville.

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:

Rockville Life Time Athletic is located at 1151 Seven Locks Road, Rockville, MD 20854.

The center's telephone number is 240-314-7022.

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.