

July 8, 2009



Mary Stroebe, 91 Year-Old Triathlete, along with Former Life Time Fitness Race Director, Marilyn Franzen, to Serve as Honorary 2009 Life Time Fitness Triathlon Event Race Starters

Musician, Tim Mahoney, to Sing National Anthem, Participate in Race and Perform Event-Day Concert

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

WHAT: 2009 Life Time Fitness Triathlon Official Starters and National Anthem

WHO: An inspiration to millions of triathletes and fans around the world, Mary Stroebe called it quits last year after getting involved in triathlon for first time in her mid-70s. Stroebe gained international fame and media attention for continuing her passion for the sport throughout her 80s. She completed the Life Time event five times.

Known around triathlon circles as the woman behind the Life Time Fitness Triathlon, Marilyn Franzen spent over two decades directing triathlons in Minneapolis. Franzen retired this year but will still be part of the race that she helped make into one of the most prominent triathlons in the country.

Local recording artist Tim Mahoney has a full day planned for July 11. Mahoney will start things off by performing the National Anthem at the Life Time Fitness Triathlon before hitting the water to participate in the event. After completing his swim, bike and run, Mahoney will wrap things up with a post-race concert at the race site beginning at 11:00 am.

DETAILS: ONSITE

- Event: Life Time Fitness Triathlon
- Pre-Race Introductions: 6:00 a.m.
- National Anthem: 6:55 a.m. - Tim Mahoney
- Race start: 7:00 a.m., Saturday, July 11, 2009
- Event-Day Concert: 9:30 a.m.
- Location: Main Beach, Lake Nokomis, Minneapolis

2009 Life Time Fitness Triathlon Sponsors

Life Time Fitness is proud to recognize the 2009 Life Time Fitness Triathlon sponsors:

- Active.com
- All Sport

- Avis
- Budget
- Clif Bar
- Cub Foods
- Edge Infused
- Erin Baker's
- Faegre & Benson
- Gear West
- Globe University
- Hormel Natural Choice
- MBT
- MFRA
- MGD 64
- Mt. Borah
- ReMax
- Snapple LyteWater
- Speed Stick
- Toyota
- Triathlete Magazine
- Twin cities Orthopedic
- TYR
- America's TPA
- University of Phoenix

2009 Life Time Fitness Triathlon Series Event Timeline

- Life Time Fitness Triathlon (Minneapolis) - July 11
- Nautica New York City Triathlon - July 26
- Chicago Triathlon - August 30
- Kaiser Permanente Los Angeles Triathlon - October 4
- Toyota U.S. Open Triathlon (Dallas) Championship Event - October 11

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 July 8, 2009, Life Time Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, 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, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.