

July 11, 2009



Americans Matt Reed and Sarah Haskins Win in Professional Divisions at 2009 Life Time Fitness Triathlon

Each Claims \$20,000, Takes Lead in 2009 Triathlon Series; Five Seconds Separate Top Three Finishers in Men's Division; More Than 3,000 Participants from Eight Countries and More Than 40 States Compete

MINNEAPOLIS--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE:LTM) today announced that American triathletes Matt Reed and Sarah Haskins won in their respective Professional Divisions at the 2009 Life Time Fitness Triathlon today in Minneapolis.

Competing against a stellar field of world elite professionals on the event's International-distance course, Haskins won the women's division and Reed the men's division, each taking home a first-place prize of \$20,000.

The men's division featured the closest-ever finish in Life Time Fitness Triathlon history, with Reed edging American Andy Potts at the finish by two-tenths of a second and Australian Greg Bennett finishing four seconds behind. In the women's division, Haskins crossed the line one minute and 23 seconds ahead of Great Britain's Julie Dibens.

Reed and Haskins also emerged as point leaders in the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup. Today's event was the first of the five races that comprise the Series, which continues Sun., July 26 at the Nautica New York City Triathlon.

In addition to the professional field, more than 3,000 amateur athletes participated, representing eight countries and more than 40 states.

2009 Life Time Fitness Triathlon Professional Division Results (Unofficial)

Cash prizes were awarded to the top professional women and men competing in the event. Complete results will be available at www.ltftriathlon.com. Unofficial Professional Division results from today's race are as follows:

MEN

Pro Triathlete	Unofficial Time	Cash Prize	2009 Triathlon Series Points
1. Matt Reed (USA)	1:49:15.3	\$20,000	10,000
2. Andy Potts (USA)	1:49:15.5	\$8,000	9,000
3. Greg Bennett (AUS)	1:49:19.8	\$6,000	8,000

4. Paul Matthews (AUS)	1:51:52.0	\$3,000	7,000
5. Craig Alexander (AUS)	1:51:56.6	\$2,500	6,000
6. Clayton Fettell (AUS)	1:52:07.0	\$2,000	5,000
7. Chris Foster (USA)	1:52:15.2	\$1,800	4,000
8. Michael Raelert (GER)	1:52:40.1	\$1,200	3,000
9. David Thompson (USA)	1:53:28.3	\$1,000	2,000
10. Andrew Starykowicz (USA)	1:55:20.4	\$500	1,000
11. Andriy Glushchenko (USA)	1:55:46.7	--	--
12. Lewis Elliot (USA)	1:58:02.6	--	--
13. Nicholas Vandam (USA)	1:58:54.0	--	--
14. Maksym Kriat (UKR)	1:59:19.3	--	--
15. Simon Thompson (AUS)	1:59:48.8	--	--

WOMEN

Pro Triathlete	Unofficial Time	Cash Prize	2009 Triathlon Series Points
1. Sarah Haskins (USA)	2:00:51.2	\$20,000	10,000
2. Julie Dibens (GBR)	2:02:14.0	\$8,000	9,000
3. Becky Lavelle (USA)	2:02:39.3	\$6,000	8,000
4. Rebeccah Wassner (USA)	2:03:03.5	\$3,000	7,000
5. Sarah Groff (USA)	2:06:56.8	\$2,500	6,000
6. Margaret Shapiro (USA)	2:07:23.8	\$2,000	5,000
7. Laurel Wassner (USA)	2:09:10.4	\$1,800	4,000
8. Kerry Spearing (CAN)	2:10:00.2	\$1,200	3,000
9. Ayesha Rollinson (CAN)	2:12:05.6	\$1,000	2,000

About the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

Following today's opening event, the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup moves on to the Nautica New York City Triathlon on Sun., July 26.

The Series uniquely combines five of the most prominent International-distance (1.5 km swim, 40 km bike and 10 km run) events in the country:

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

The 2009 Series offers \$390,000 in total cash prizes for the Professional Division and is made up of \$322,000 in individual race purses and a \$68,000 Series Bonus. The Series Bonus and Race to the Toyota Cup champions will be determined by points awarded at each event. The top six professional women and men (three in each division) will receive a Series Bonus payout in addition to any individual race awards received as determined by total points. Additionally, the top female and male professionals will be awarded the coveted Life Time Fitness Triathlon Series Race to the Toyota Cup. In order to be eligible for the Series Bonus and Toyota Cup, athletes must start four of the five Series events and participate in the Toyota U.S. Open Triathlon championship event.

The Life Time Fitness Triathlon (lftfriathlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Chicago Triathlon (chicagotriathlon.com) is produced by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (nyctri.com) is produced by Korff Enterprises. For more information, visit the Life Time Fitness Triathlon Series Web site, lftfriathlonseries.com.

Gear West Bike & Triathlon Wins \$10,500 for Charity in Third Straight Win of Life Time Fitness Corporate Charity Challenge Division

In the Annual Corporate Charity Challenge, a team from Gear West Bike & Triathlon won for the third consecutive year, achieving the best overall relay time of 2:02.47.7

A division within the 2009 Life Time Fitness Triathlon, the Corporate Charity Challenge was established to promote a healthy and active way of life among local and national companies, and to deliver much-needed financial support to non-profit organizations.

Of the \$1,500 event entry fee for each team, \$1,000 is donated directly to the participating company's designated charity via the Life Time Fitness Foundation. The remaining \$500 from each team's entry fee establishes a "Champions Pool," which is awarded to the designated charity of the team with the best overall performance.

Gear West once again designated the American Partnership for Eosinophilic Disorders to receive this year's \$10,500 Corporate Charity Challenge prize.

2009 Racecourse Distances

Individual professional, elite and amateur athletes, and relay teams competed on a stunning, urban International-distance course through Minneapolis and St. Paul (1.5K swim, 40K bike and 10K run). A short course also was available to amateur individuals and relay teams (.4-mile swim, 15-mile bike, and 3-mile run).

2009 Life Time Fitness Triathlon Sponsors

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

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- MFRA
- MGD 64
- Mt. Borah
- ReMax
- Snapple LyteWater
- Speed Stick
- Toyota
- Triathlete Magazine
- Twin Cities Orthopedic
- TYR
- University of Phoenix

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 June 25, 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.