

December 7, 2010



LifePower Yoga Brings Inner Peace to Target Center; Grand Opening Week Set for December 13-19

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

Life Time Fitness, Inc. (NYSE: LTM), the healthy way of life company, will bring strength, flexibility and inner peace to the Target Center on December 13 with the grand opening of LifePower Target Center.

What: Located within Life Time Fitness Target Center, LifePower Yoga provides certified experts and a beautiful and functional space to deliver a truly unique, healthy way of life approach to nourishing their mind, body and spirit.

Enjoy more than 60 yoga class offerings each week, including heated power vinyasa, traditional ashtanga, meditation and new, innovative fusion classes. LifePower Target Center will provide an inviting and relaxing environment for Yoga practitioners of all levels to explore the physical benefits of this ancient discipline.

Where: LifePower Target Center (located in the Life Time Fitness Target Center)

600 1st Avenue North

Minneapolis, MN 55403

612-486-3600

Why: Current Life Time members and guests are invited to experience tours of LifePower Target Center, and experience a free week of yoga, at the new location.

When: Monday, December 13 through Thursday, December 16 - 5:00 a.m. - 10:00 p.m.

Friday, December 17 - 5:00 a.m. - 8:00 p.m.

Saturday, December 18 through Sunday, December 19 - 6:30 a.m. - 6:00 p.m.

LifePower Target Center Highlights:

- Group and one-on-one class offerings, including: Power Vinyasa, Ashtanga, Restorative, Meditation, Warrior Sculpt, Warrior Heat and Kundalini
- Dedicated pilates studios offering reformer and mat programming and instruction
- Three state-of-the-art yoga studios, including one with a large yoga

wall
-- Best-in-class certified instructors

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is The Healthy Way of Life Company based in Chanhassen, Minnesota. The Company is dedicated to providing certified experts along with best-in-class, healthy lifestyle businesses, programs and services that help its members connect and engage with their areas of interest, and achieve success with their health and fitness goals. Life Time Fitness designs and operates distinctive, multi-use sports, professional fitness, family recreation and spa/resort centers that help members lead healthy and active lives. As of December 7, 2010, the Company operated 89 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness, Inc.