

March 8, 2011



Fitness Professionals and Enthusiasts to Unite at EMPOWER! Fusion Chicago

Life Time Fitness (NYSE: LTM):

What: Hundreds of fitness, wellness, and mind-body professionals and enthusiasts will gather for the inaugural "EMPOWER! Fusion" weekend fitness celebration March 31 - April 3. Formerly the IDEA Fitness Fusion, this education-filled weekend will feature the industry's top presenters delivering energetic fitness workshops, motivating lectures, and fun-filled master classes. This year's highlights include keynote speaker, Jay Blahnik, named as one of the top five instructors in the world by SHAPE magazine, and S.T.R.I.D.E. certification with Shaun T, creator of Hip Hop Abs and Insanity. The events are produced by Global Fitness Solutions, LLC and hosted in partnership with Life Time Fitness (NYSE:LTM), the Healthy Way of Life company.

When: March 31, 2011 - April 3, 2011

Where: Donald E. Stephens Convention Center

5555 North River Road

Rosemont, Ill. 60018

Phone: 855-233-6769

Register: Find additional information or register for "EMPOWER! Fusion" at empowerfittnessevents.com. A portion of the proceeds will benefit the Life Time Foundation, which is currently focused on improving the quality of children's nutrition in schools.

About Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health and fitness goals by engaging in their areas of interest - or discovering new passions - both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. As of March 8, 2011, the Company operated 90 centers under the LIFE TIME FITNESS^(R) and LIFE TIME ATHLETICSM brands primarily in suburban locations in 20 states and 24 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

