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Life Time Kids Tri Series Announces Expanded 2011 Schedule

- Kids Tri adds four more events, now being held in eight communities across the country
- Events inspire, motivate youth ages seven to 14 to lead active and healthy lives through the sport of triathlon
- Registration and information available at www.ltkidstri.com

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness ([NYSE: LTM](http://nyse.com/quote?symbol=LTM)), the Healthy Way of Life Company, today released the 2011 [Life Time Kids Tri Series](#) schedule. The family-friendly swim-bike-and-run events, which encourage youth athletes of all ages to get active and participate, welcome back old favorites and introduce exciting new locations for a grand total of nine events in 2011:

- Overland Park, Kan. - June 5
- Omaha, Neb. - June 12
- Plymouth, Minn. - July 10
- Rochester Hills, Mich. - Aug. 6
- Westminster, Colo. - Aug. 7
- Loudoun County, Va. - Aug. 14
- Chicago, Ill. - Aug. 27
- Warrenville, Ill. - Sept. 18
- San Antonio, Tex. - Oct. 2

New to the Life Time Kids Tri Series, and one of the largest youth triathlons in the U.S., the Chicago Kids Triathlon on Aug. 27, will be held in association with the [Life Time Chicago Triathlon](#). It is the only Kids Tri event where the swim takes place in open water.

In addition to the events above, the [Life Time Minneapolis Triathlon](#) will host the North American Junior Invitational on July 9, where athletes from Canada, Mexico and the United States ages 12 to 17 will compete.

"Life Time Kids Tri was developed to inspire and motivate youth through the sport of triathlon to lead active, positive, and healthy lives," said Ken Cooper, vice president of [Endurance and Athletic Events for Life Time](#). "Due to the continued growth of youth athletes participating in triathlons, we continue to expand our series of Kids Tri events--bringing family-friendly fun to eight communities this year."

Life Time Kids Tri events offer two age brackets designed to challenge participants:

- Junior distance: For ages seven to 10, the junior distance includes a 50-yard/meter swim (depending on pool length), a 2.5-mile bike and a 0.5-mile run.
- Senior distance: For ages 11 to 14, the senior distance features a 100-yard/meter swim (depending on pool length), a five-mile bike and one-mile run.

Unique with its offering of an open-water swim, the Chicago Kids Triathlon also provides two course distances, determined by age:

- For youth age seven to 10, the course includes a 100-meter open water swim, a four-kilometer bike and a one-kilometer run.
- For ages 11 to 14, a 200-meter open water swim, eight-kilometer bike and two-kilometer run course is offered.

All triathletes will receive a race T-shirt, swim cap, race number and finisher medal. For details about race locations, time or regulations, please visit www.ltkidstri.com.

About the Life Time Kids Tri

Launched in 2008, the Life Time Kids Tri Series is a way of bringing families together around fun and fitness while inspiring and motivating youth to lead active and healthy lives through the sport of triathlon. The 2011 Life Time Kids Tri visits eight communities and runs June 5, 2011 through October 2, 2011. For registration or more information, visit www.ltkidstri.com.

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 April 7, 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.

Source: Life Time Fitness