

February 28, 2012



# Life Time to Open First Canadian Destination and Newest Healthy Way of Life Center in Mississauga March 9

*VIP community preview celebration set for March 7*

Life Time Fitness (NYSE:LTM)

**What:** Life Time Athletic Mississauga is set to open March 9, representing Life Time Fitness, Inc.'s (NYSE: LTM) first Healthy Way of Life destination based in Canada. Whereas the typical health club or gym offers little more than a room full of equipment, Life Time has created an entirely new Healthy Way of Life industry. Life Time Athletic Mississauga will deliver an incredible array of sports and athletics, family recreation and entertainment, professional fitness and spa services designed to engage members in their areas of interest while helping them to set and achieve their total health objectives, athletic aspirations and fitness goals.

**When:** VIP Community Preview: Wednesday, March 7, 2012  
7:00 p.m.: Ribbon cutting ceremony  
7:00 – 9:00 p.m.: VIP celebration  
Life Time will officially open for members Friday, March 9, at 4:00 a.m.

**Where:** Life Time Athletic Mississauga  
3055 Pepper Mill Court  
Mississauga, ON L5L 4X5  
905-363-0200

**Why:** Residents of Mississauga and surrounding communities are invited to experience Life Time Athletic Mississauga. Demonstrations of Life Time's programs and services will be offered during this special event.

For on-site tours, media *must* contact KJ Leinberger at [kleinberger@lifetimfitness.com](mailto:kleinberger@lifetimfitness.com) or 952-229-7162.

## **About Life Time Fitness, Inc.**

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of January 24, 2012, the Company operated 92 centers under the LIFE TIME FITNESS<sup>®</sup> and LIFE TIME ATHLETIC<sup>SM</sup> brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at [lifetimfitness.com](http://lifetimfitness.com).

**Life Time Fitness, Inc.**

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Source: Life Time Fitness, Inc.