

May 7, 2012



Life Time Commences Construction on Inaugural Alabama Destination

Ground Breaking Ceremony for Life Time Fitness Vestavia Hills Held May 4

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Excitement that surrounded last Friday's ground breaking ceremony is still swirling in the air as workers begin construction of [Life Time Fitness Vestavia Hills](#), to be located at 3051 Healthy Way Vestavia Hills, Ala. 35243 (intersection of Blue Lake Road and Cahaba River Road).

Officials from Vestavia Hills and Jefferson County, Ala. and Life Time - the Healthy Way of Life Company broke ground to celebrate the commencement of Life Time Fitness Vestavia Hills. (Photo: Life Time Fitness)	Officials from Vestavia Hills and Jefferson County, Ala., and Life Time – The Healthy Way of Life Company
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(NYSE: LTM) conducted the ceremony on Friday, May 4 to celebrate the commencement of the 103,000 square foot sports, professional fitness, family recreation and spa/resort.

Life Time Fitness Vestavia Hills represents Life Time's first healthy way of life destination in Alabama and will feature:

- Dedicated group exercise, cycle, Pilates and LifePower Yoga studios
- 400 pieces of state-of-the-art cardiovascular and resistance training equipment
- Indoor and outdoor aquatics centers
- 10 outdoor clay and surface tennis courts and two full-sized indoor basketball courts
- [LifeSpa and Salon](#), offering full-service hair, nail and skin care services and therapeutic massage
- [LifeCafe](#), the best in healthy food and beverage services
- Interactive child center

Life Time helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging their areas of passion. The Company is in the unique position to help members and customers achieve this by providing the best places, best people and best programs that change lives positively every day. For more information about Life Time Fitness Vestavia Hills, visit <http://clubs.lifetimefitness.com/Vestavia-Hills/63475/>.

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 May 7, 2012, the Company operated 100 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC^(SM) brands in the United States and Canada. Life Time also operated five additional acquired facilities, which are in transition to become Life Time centers. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=50267614&lang=en>

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Source: Life Time Fitness, Inc.