

July 10, 2007



89-Year-Old Grandmother, Blind Triathlete and 30-Member St. Paul Family Gearing up for Life Time Fitness Triathlon July 14

EDEN PRAIRIE, Minn.--(BUSINESS WIRE)--

Mary Stroebe, an 89-year-old grandmother from Madison, Wisconsin, Tom O'Conner, a blind triathlete from Minneapolis, and 30 members of the Schneeman family from St. Paul, Minnesota all will be competing in the 2007 Life Time Fitness Triathlon in Minneapolis this Saturday.

A perennial fan favorite at the Life Time Fitness Triathlon, Stroebe has completed the Life Time Fitness Triathlon in each of the last five years (and won in her age group every year). Last year, Stroebe competed after recovering from a January 2006 skiing accident in which she broke a leg, requiring the insertion of a titanium rod.

Brooklyn native O'Conner has competed in numerous athletics events, including four New York City marathons. This will be his first triathlon since 1989 and inaugural Life Time Fitness Triathlon.

The Schneemans always have been an active family. Julie (Schneeman) Gough and her husband, Arnie, are credited with involving the entire family in the Life Time Fitness event. All five of their children will participate in this year's race along with five of Julie's siblings and their families, representing an age range of 15 to 52.

"We see triathlon as the ultimate healthy-way-of-life sport," said John Reilly, vice president, Corporate Businesses for Life Time Fitness. "Mary, Tom, and the Schneemans represent the broad spectrum of individuals who are demonstrating this through their participation in the event. We are proud to play host to them, along the thousands of others from dozens of states and countries who make up our professional and amateur field at the Life Time Fitness Triathlon."

The 2007 Life Time Fitness Triathlon will take place on Saturday, July 14 at Lake Nokomis in downtown Minneapolis and will feature more than 2,500 participants, including 40 of the world's top professional triathletes who will be competing for a share of the event's \$250,000 prize purse. The Life Time Fitness Triathlon is part of the Life Time Fitness Triathlon Series, which will offer professional participants nearly \$1.5 million in 2007.

About the Life Time Fitness Triathlon Series

The Life Time Fitness Triathlon Series was launched in 2006 and created the first-ever connection among the four most prominent Olympic-distance triathlon events in the United States. The Life Time Fitness Triathlon (lfttriathlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Accenture Chicago Triathlon (chicagotriathlon.com) is produced

by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (nyctri.com) is produced by Korff Enterprises. In 2007, the Life Time Fitness Triathlon Series was expanded to include a new Championship event, the Toyota U.S. Open Triathlon in Dallas. Overall, the Life Time Fitness Triathlon Series offers nearly \$1.5 million in prize purse.

2007 Life Time Fitness Triathlon Series Event Timeline

Life Time Fitness Triathlon (Minneapolis) - July 14

Nautica New York City Triathlon - July 22

Accenture Chicago Triathlon - August 26

Kaiser Permanente Los Angeles Triathlon - September 9

Toyota U.S. Open Triathlon (Dallas) - October 14

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large sports and athletic, professional fitness, family recreation and resort/spa centers. As of July 10, 2007 the Company operates 65 centers in 15 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operates a satellite facility and four preview locations in existing and new markets. Additionally, Life Time Fitness provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine - Experience Life, athletic events, and nutritional products and supplements. Life Time Fitness is headquartered in Eden Prairie, Minnesota (www.lifetimefitness.com). LIFE TIME FITNESS, the LIFE TIME FITNESS logo, and EXPERIENCE LIFE are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness