

July 10, 2008



Life Time Fitness Triathlon Course Will Temporarily Close Select Minneapolis/St. Paul Streets and Intersections on Saturday, July 12, 2008

Life Time Fitness, Inc. (NYSE:LTM):

WHAT: Life Time Fitness Triathlon Course Street and Intersection Closures

WHERE: The Following Roads and Parkways will be affected:

- All of Nokomis Pkwy (including Cedar Ave between Minnehaha Pkwy and West Lake Nokomis Parkway)
- Minnehaha Pkwy east of Nokomis
- Godfrey Rd, up W River Road across Franklin to E Mississippi River Blvd (St. Paul side) under Ford Pkwy up and around turning left, (west) onto Ford Pkwy to 46th Ave S, right onto Minnehaha Pkwy
- Godfrey Rd continuing west to Lake Harriet Parkway Upper Road, around Lake Harriet (on Lake Harriet Pkwy) and return to Lake Nokomis on Minnehaha Pkwy

WHEN: Saturday, July 12: 6:30 a.m. to 12:30 p.m.

WHY: 2008 Life Time Fitness Triathlon with more than 3,000 amateur triathletes and 40 professionals from 44 states and eight countries will converge in the Twin Cities of Minneapolis and St. Paul once again this year. For more information about Life Time Fitness or the Life Time Fitness Triathlon, visit www.lifetimefitness.com.

REMINDER: Due to the closure of I-35W from the Crosstown to I-94 this weekend, participants and spectators should explore alternate routes to Lake Nokomis and the race site.

For more information on the I-35W closure, please visit www.dot.state.mn.us/metro/news/07/05/25weekendclosure_crosstown.html

2008 Life Time Fitness Triathlon Sponsors

Life Time Fitness is proud to recognize the 2008 Life Time Fitness Triathlon sponsors:

- Toyota
- Orbea/Shimano

- TYR
- Jennie-O Turkey Store
- MGD 64
- Edge(R) - Available at Target(R)
- Janus
- Ameriprise Financial
- Polar
- PowerAde
- Twin Cities Orthopedic
- Bluegreen Vacations
- Hormel Natural Choice
- Chi Chi's
- Cub Foods
- Triathlete Magazine

About the Life Time Fitness Triathlon Series

The Life Time Fitness Triathlon Series was launched in 2006 and created the first-ever connection among four of the most prominent 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 Championship event, the Toyota U.S. Open Triathlon Dallas. In 2008, the Series announced the Race to the Toyota Cup to award the top female and male triathletes in each of three separate divisions: Professional, Elite Amateur and Age Group at the Toyota U.S. Open Triathlon in Dallas. Overall, the 2008 Life Time Fitness Triathlon Series offers \$1.45 million in cash prizes for the Professional Division.

2008 Life Time Fitness Triathlon Series Event Timeline

- Life Time Fitness Triathlon (Minneapolis) - July 12
- Nautica New York City Triathlon - July 20
- Accenture Chicago Triathlon - August 22
- Kaiser Permanente Los Angeles Triathlon - September 7
- Toyota U.S. Open Triathlon (Dallas) - October 5

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also 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. As of July 10, 2008, Life Time Fitness operated 74 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES 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, Inc.