

September 29, 2008



# Life Time Fitness Mansfield to Host VIP Celebration on October 2

Life Time Fitness (NYSE: LTM)

WHAT: VIP Celebration on Thursday, October 2, 2008, beginning at 6:45 p.m. for the new Life Time Fitness Mansfield location.

WHERE: 1551 E. Debbie Lane  
Mansfield, TX 76063  
Phone number: 682-518-7766

WHEN: Thursday, October 2, 2008, 6:45 p.m. to 9:00 p.m.

WHY: The VIP Preview Celebration will feature a special ribbon-cutting along with demonstrations and tours of the new, state-of-the-art health and fitness complex.

**Life Time Fitness Mansfield brings an unequaled set of features and amenities to the community, including:**

- Large 110,000+ square foot center with 24-hour, seven-day access
- State-of-the-art equipment, including more than 400 pieces of cardio, resistance and free-weight training equipment
- Rock-climbing walls
- Two full-size basketball courts
- Four racquetball courts
- Large child center -- Amenities include a junior gymnasium, play maze, computer center, outdoor play area and separate infant play area
- Designated cycling theater with multiple video screens
- Large indoor and outdoor aquatics centers featuring waterslides, two zero-depth recreation pools, a lap pool, children's pools and an outdoor bistro
- Multiple group fitness studios with a wide range of free programming for members
- Team of certified Personal Trainers and services for all fitness levels and ages
- Dry saunas, steam rooms and whirlpools
- LifeCafe, offering nutritional food and beverage services
- LifeSpa, offering a comprehensive array of hair, nail and skin

care services and therapeutic massage

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 September 29, 2008, Life Time Fitness operated 77 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](http://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.

Note To Editors:

Please contact Kent Wipf at 952-229-7211 for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness