

October 21, 2008



Life Time Fitness to Bring Distinctive and Large, Health and Fitness Resort to Collierville, TN

Set to Open in 2009, New Facility to Deliver the Ultimate in Sports and Athletics, Family Recreation and Entertainment, Professional Fitness, Nutrition and Spa Services

CHANHASSEN, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE: LTM) today announced plans to open one of its unique, large athletic resorts in Collierville, Tennessee. With a planned Spring 2009 Grand Opening, the new facility will mark the Company's first center in Tennessee.

The center will be located at 3470 Houston Levee Road, Collierville, TN 38017. A Life Time Fitness preview center, which offers consumers more information about the new Collierville center and special Charter Membership opportunities, is now open at 2028 West Popular Ave. Suite 113, Collierville, TN 38017.

"We are excited to bring our distinctive, innovative, member-experience-oriented healthy lifestyle resort to the Collierville community," said Mike Gerend, president and chief operating officer, Life Time Fitness. "Life Time Fitness has set a benchmark for delivering comprehensive health and fitness centers, programs and services of the highest possible quality at an exceptional value."

Among Life Time Fitness Collierville multitude of amenities and services will be more than 400 pieces of state-of-the-art cardiovascular and resistance training equipment, multiple dedicated group exercise, Pilates and yoga studios, a unique cycle theatre, team of certified personal trainers, nutrition coaches (registered dietitians), group fitness instructors and associated programming, a wide selection of adult and youth programs and activities, indoor rock climbing cavern, two full-size basketball courts, and dry saunas. The facility also will feature large indoor and outdoor aquatics centers, complete with a two-story waterslide, large, zero-depth recreation pools, lap pools and children's interactive play areas, two whirlpools and an outdoor bistro.

Families will appreciate Life Time Fitness' large, interactive child center, featuring a play maze, junior basketball court, computer lab, children's activity areas, and a separate infant playroom. Dedicated family locker rooms also are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair, nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in healthy food and beverage services.

Life Time Fitness provides 24 hour access, complimentary towel and locker service and an initial 30-day money-back guarantee with no long-term membership contracts.

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 October 21, 2008, Life Time Fitness operated 79 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.

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, Inc.