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Berkeley Heights Residents Invited to Kick off the New Year Right with a February 5 Opening of Second Life Time Athletic Center in New Jersey

VIP Preview Celebration Set for February 3; New Center Offers Wide Array of Family-Oriented Health, Fitness, Recreation and Entertainment to Help Consumers Kick Off the New Year Right at a Great Value

BERKELEY HEIGHTS, N. J.--(BUSINESS WIRE)-- The new Life Time Athletic center in Berkeley Heights is set to open its doors on Thursday, February 5, at 5:00 a.m., marking the second such center in the New Jersey/New York City market (Florham Park Life Time Athletic opened on November 6, 2008).

Minnesota based Life Time Fitness (NYSE: LTM) brings the beautiful and massive new center to Berkeley Heights and will host a pre-opening VIP Celebration on Tuesday, February 3, beginning at 7:00 p.m. At the event, Life Time Athletic members and area residents are invited to take part in the very first tours and demonstrations offered at this distinctive, healthy-way-of-life destination complete with family sports and recreation, health and fitness, and resort-spa amenities and services that are supported by a large team of certified fitness and nutrition specialists.

"As we begin 2009, many individuals and families have established New Year's Resolutions to get Healthy," said Life Time President and Chief Operating Officer, Mike Gerend. "With this in mind, we are very excited to be opening our second location in New Jersey and proud to serve Berkeley Heights and the surrounding community. Life Time Athletic and its healthy-way-of-life programs and services have been designed with the idea of delivering incredible value in a luxurious, resort-like environment that exudes 'friendly' and 'inviting,' while providing the ultimate in personalized services in a relaxing and rejuvenating atmosphere."

Among the multitude of Berkeley Heights Life Time Athletic amenities are more than 400 pieces of state-of-the-art cardiovascular and resistance equipment, multiple group exercise, cycle, Pilates and yoga studios, and a range of complimentary and fee-based member programs, a team of certified personal trainers and programming, a wide selection of adult and youth programs and activities, an indoor rock climbing cavern, two full-size basketball courts, and dry saunas. The facility also features indoor and outdoor water parks with multiple pools.

Families will appreciate Life Time Athletic's large, interactive child center, featuring a play maze, junior basketball court, computer lab, children's activity areas, and a separate infant playroom. Dedicated family dressing 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 Athletic provides 24 hour access, complimentary towel and locker service, and an initial 30-day money-back guarantee with no long-term membership contracts.

For more information about Berkeley Heights Life Time Athletic, please visit www.lifetimefitness.com/berkeleyheights.

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 January 9, 2009, Life Time Fitness operated 81 centers in 18 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, 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:

Berkeley Heights Life Time Athletic is located at 25 Connell Drive, Berkeley Heights, NJ 07922. The center's telephone number is 908-665-5911.

Please contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com for all Life Time Athletic preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.