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# **Kingwood-Atascocita Residents Invited to Kick off the New Year Right with February 7 Opening of the Fifth Life Time Fitness Center in Houston**

## **VIP Preview Celebration Set for February 5; 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**

HUMBLE, Texas--(BUSINESS WIRE)-- The new Life Time Fitness center in Kingwood-Atascocita is set to open its doors on Saturday, February 7, at 6:00 a.m., marking the fifth such center in the Houston area joining Sugar Land, Willowbrook, Cinco Ranch (Katy), and the recently opened City Centre Life Time Athletic Club.

Minnesota-based Life Time Fitness, Inc. (NYSE: LTM), brings the beautiful and massive new center to the market. The Company will also host a pre-opening VIP Celebration on Thursday, February 5, beginning at 7:00 p.m. At the event, Life Time Fitness 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.

"We are very excited to be opening our fifth location in Houston and proud to serve Kingwood, Atascocita, Humble and the surrounding community," said Life Time President and Chief Operating Officer, Mike Gerend. "As we begin 2009, many individuals and families have established New Year's Resolutions to get healthy. Life Time Fitness and its healthy-way-of-life programs and services have been designed with the idea of delivering incredible value in a resort-like environment that exudes 'friendly' and 'inviting,' making Life Time Fitness the ultimate destination for individuals and families seeking a healthy and active lives."

Among the multitude of Life Time Fitness Kingwood-Atascocita 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 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 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 Fitness 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 Life Time Fitness Kingwood-Atascocita, please visit [www.lifetimefitness.com/kingwood](http://www.lifetimefitness.com/kingwood).

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 12, 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](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:

Life Time Fitness Kingwood-Atascocita is located at 13600 Will Clayton Parkway, Humble, TX 77346. The center's telephone number is 281-812-4100.

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Source: Life Time Fitness, Inc.