

June 25, 2009



Professional Triathletes Descend upon Twin Cities for 2009 Life Time Fitness Triathlon on July 11

More than 35 Pros Begin 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE: LTM), today announced that more than 35 professional triathletes will do battle at the 2009 Life Time Fitness Triathlon on July 11 in Minneapolis. The event is the first event of the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup. Previous Life Time Fitness Triathlon Champions Greg Bennett (2007), Hunter Kemper (2006) and Craig Alexander (2005) will lead the men's pro division while 2008 Olympians Laura Bennett and Sarah Haskins will battle 2009 Life Time Fitness Triathlon Series champion Becky Lavelle in the women's race.

Some of the other top professionals scheduled to compete are;

- Julie Dibens (GBR)--2009 Guam Xterra Champion
- Mary Beth Ellis (USA) - 2009 Escape from Alcatraz Champion
- Pip Taylor (AUS) - 2009 Ironman 70.3 Kansas Triathlon Runner-up
- Rebecca Wassner (USA) - 2009 St. Anthony Triathlon Champion
- Stuart Hayes (GBR) - 2008 Chicago Triathlon Champion
- Andy Potts (USA) - 2009 Escape from Alcatraz Champion, 2009 St. Anthony Triathlon Champion
- Matt Reed (USA) - 2009 Pan Am Champion, 2009 REV3 Half-Ironman Champion
- David Thompson (USA) - Minnesota native and 2009 Escape from Alcatraz Runner-up

The female and male division winners will each take home \$20,000. The remaining top nine female and male finishers each will claim a portion of the cash purse. In addition to cash prizes, the top men's and women's finisher will also earn 15,000 points toward their pursuit of the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup.

The Life Time Fitness Triathlon begins and ends at Minneapolis' Lake Nokomis. The bike course navigates along the Mississippi river and around Lake Harriet before returning to the Lake Nokomis transition area. The event concludes with a run around Lake Nokomis in front of thousands of spectators.

Last year's race saw Simon Whitfield (CAN) outsprint Potts and Bennett in one of the closest finishes in the history the Life Time Fitness triathlon with only six second separating the three men. On the women's side, Haskins and Lavell finished second and third respectively to eventual two-time Life Time Fitness Champion Emma Snowsill (AUS).

2009 Life Time Fitness Triathlon Series Race to the Toyota Cup Event Timeline

- Life Time Fitness Triathlon (Minneapolis) - July 11
- Nautica New York City Triathlon - July 26
- Chicago Triathlon - August 30
- Kaiser Permanente Los Angeles Triathlon - October 4
- Toyota U.S. Open Triathlon (Dallas) Championship Event - October 11

2009 Life Time Fitness Triathlon Sponsors

Life Time Fitness is proud to recognize the 2009 Life Time Fitness Triathlon sponsors:

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2009 Life Time Fitness Triathlon

Set in Minneapolis, Minnesota, the Life Time Fitness Triathlon is among the premiere sporting events in the world. Each year the Life Time Fitness Triathlon draws many of the world's best professional athletes in addition to a truly inspiring amateur field of over 3,000 triathletes. For more information on the 2009 Life Time Fitness Triathlon or 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup, or to register for the events, visit www.ltftriathlon.com.

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 Olympic-distance triathlon events in the United States. The Life Time Fitness Triathlon (ltftriathlon.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.

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 June 25, 2009, Life Time Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, 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, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.