

July 6, 2009



2009 Life Time Fitness Triathlon Pro Meeting Set for July 10

Life Time Fitness, Inc. (NYSE: LTM):

WHAT: Mandatory Pre-Race Pro Meeting for Pro Athletes in the 2009 Life Time Fitness Triathlon

WHERE: Minneapolis Life Time Athletic Club

615 Second Avenue South

Minneapolis, Minnesota, 55402

612-752-7000

WHEN: Thursday, July 9, 2009

4:00 p.m.

WHY: During the meeting, the professional competitors will be presented the race course and rules for the event. They also will draw their positions for the swim start. The meeting represents the only pre-race opportunity to capture all the participating pros at once.

The professional men and women will be competing for a cash purse of \$92,000 in Minneapolis and \$390,000 for the 2009 Life Time Fitness Triathlon Series overall.

The Life Time Fitness Triathlon represents the first event of the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup.

Media may conduct interviews with the competitors prior to and/or immediately following the meeting.

About the 2009 Life Time Fitness Triathlon

The 2009 Life Time Fitness Triathlon will play host to nearly 3,000 participants, including more than 35 of the World's top professional triathletes, who will compete for a share of the event's \$92,000 prize purse. The Life Time Fitness Triathlon is set on a beautiful urban course that spans Minneapolis and St. Paul is a part of the Life Time Fitness Triathlon Series Race to the Toyota Cup, which offers an overall prize purse of \$390,000 this year. For more information or to register, please visit www.ltftriathlon.com.

2009 Life Time Fitness Triathlon Sponsors

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

-- Hormel Natural Choice Products

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-- Toyota	-- Faegre & Benson LLP
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-- TYR Sport	-- Gear West Bike and Triathlon
-- Triathlete Magazine	-- Mt. Borah
-- Active.com	-- MBT The Anti-Shoe
-- MGD 64	-- Globe University/Minnesota School of Business
-- Dr. Pepper Snapple Group	-- University of Phoenix
-- All-Sport	-- Clif Bar
-- Colgate Palmolive Company	-- Cub Foods
-- Twin Cities Orthopedic	-- Erin Baker's Baked Goods
-- Avis Rent A Car	

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 international distance triathlon events in the United States. The Life Time Fitness Triathlon (lfttriatlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The 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. In 2008, the Series announced the Race to the Toyota Cup to award the top female and male triathletes in each of three separate divisions: Professional, Elite Amateur and Age Group at the Toyota U.S. Open Triathlon in Dallas. In total, the 2009 Life Time Fitness Triathlon Series offers \$390,000 in cash prizes for the Professional Division.

2009 Life Time Fitness Triathlon Series 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

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 July 6, 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.