

August 11, 2009



16th Annual Life Time Fitness Leadville Trail 100 Mountain Bike Race Set for Saturday, August 15, 2009

Six-Time Defending Leadville 100 MTB Champion, Dave Wiens, and
Seven-Time Tour de France Champion, Lance Armstrong, to Battle for Top Honors;
1,100+ Participants Expected
Life Time Fitness, Inc. (NYSE:LTM):

WHAT: The 2009 Life Time Fitness Leadville Trail 100 Mountain Bike (MTB) Race is the original and oldest 100-mile (160 km) Ultradistance MTB event. The race begins and ends in the heart of Leadville, Colorado, located 100 miles west of Denver. The 50-mile out-and-back course comprises mostly dirt and double track dirt roads, and consists of steep climbs and descents ranging from 10,200 feet to 12,620 feet.

WHERE: Leadville, Colorado. The Start Line is located at Corner of West 6th& Harrison Avenue.

WHEN: Saturday, August 15, 2009, 6:30 a.m. MT

HIGHLIGHTS: Colorado native, Dave Wiens, has won the race every year since 2003. In 2008, Wiens set a course record in front of second-place finisher and seven-time Tour de France Champion, Lance Armstrong. Armstrong returns to the field this year following his third-place finish in the 2009 Tour de France.

More than 1,100 participants are registered. Approximately 65% of participants are expected to finish within the event's 12-hour time limit and receive the coveted Leadville Trail 100 MTB belt buckle.

FINISH: -- The top male finishers are expected to cross the start/finish line at approximately 1:30 p.m. MT

-- The top female finishers are expected to cross the start/finish line at approximately 2:30 p.m. MT

2008 Life Time Fitness Leadville Trail MTB Results

Name	Time
Dave Weins (Gunnison, CO)	6:45:45

Lance Armstrong (Austin, TX)	6:47:41
Manuel Prado (Lake Forest, CA)	7:20:52
Ethan Passant (Crested Butte, CO)	7:27:54
Jonathan Scholnick (Tucson, AZ)	7:30:16
Name	Time
Susan Williams (Littleton, CO)	8:40:59
Keri Nelson (Grand Junction, CO)	8:42:19
Annie Gonzales (Aspen, CO)	8:48:43
Lyn Simon (Silverton, CO)	9:08:11
Kara Holley (Spanish Fork, UT)	9:26:18

For more information about the Life Time Fitness Leadville 100 Trail Mountain Bike Race or Leadville Trail Race Series, please visit <http://www.leadvilletrail100.com> or contact Kent Wipf, Life Time Fitness, at kwipf@lifetimfitness.com or 952-229-7211.

About the Life Time Fitness Leadville 100 MTB

For the second straight year, Life Time Fitness is the title sponsor of the Leadville Trail 100. The 100-mile event began in 1994 and has become the best known Ultradistance event in mountain bike racing. It also represents one of several races presented under the Leadville Trail 100 banner, an event series founded by President, Ken Chlouber, and Race Director, Merilee Maupin.

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 services, 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 August 11, 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 lifetimfitness.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.