

August 27, 2009



# **Squash Exhibition Match: South Africa's #1 ranked Steve Coppinger To Battle USA's #2 ranked Gilly Lane**

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

WHAT: Squash Exhibition Match

Steve Coppinger (RSA) vs. Gilly Lane (USA)

WHEN: Sunday, August 30, 2009

11:30 AM

WHERE: Vernon Hills Life Time Athletic

680 Woodlands Parkway

Vernon Hills, IL 60061

WHY: Vernon Hills Life Time Athletic will host two of the world's top squash players in an exhibition match on Sunday, August 30. South Africa's top ranked squash player Steve Coppinger will battle America's Gilly Lane. Both players bring impressive pro resumes into the match with Coppinger having three World Titles to his credit and Lane has two World titles.

Following the match, Life Time will host a meet and greet with the players and provide an opportunity for fans to ask questions and find out about life on the Squash Professional World Tour.

Tickets: \$8 for adults and \$5 for kids.

For more information or to purchase tickets, please contact Vernon Hills Life Time Athletic Member's Activities Department (847) 995-0670.

Note to Editors, News Directors and Photo Departments: Media wishing to cover the event are asked to please contact Kent Wipf at [kwipf@lifetimefitness.com](mailto:kwipf@lifetimefitness.com) or at 952-229-7211 for admittance to a club.

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 27, 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](http://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.