

August 29, 2009



August 30 Chicago Triathlon Next Stop for Athletes Competing in 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

- Matt Reed (USA) and Andy Potts (USA) to Battle for Series Lead In Men's Pro Field
- Becky Lavelle (USA) and Rebecca Wassner (USA) Look To Break Tie In the Women's Series Standings

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

WHAT: Chicago Triathlon - Third event of five in 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

WHERE: Swim Start: Chicago's Downtown Lakefront, Monroe Street Harbor off of Lake Shore Drive

WHEN: Sunday, August 30, 2009 - 6:00 A.M. (CDT)

WHY: Current leaders in the Series, Matt Reed (USA) and Andy Potts (USA), in the Men's Professional Division, and Becky Lavelle (USA) and Rebecca Wassner (USA) in the Women's Professional Division, will battle for the overall Series lead in Chicago on Sunday. Reed and Potts enter the event in a three-way tie with Australian Greg Bennett for the Series lead. Bennett will not compete on Sunday following a bike accident on a July training ride. Lavelle and Wassner are tied at the top of the standings with Americans, Margaret Shapiro and Sarah Haskins, within striking distance.

The Professional field will battle for the event's \$67,000 purse with the winner in both the Female and Male divisions taking home \$10,000 each. In addition to the cash prizes, the winners also will earn 10,000 points in the Life Time Fitness Triathlon Series Race to the Toyota Cup.

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 August 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,

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Source: Life Time Fitness, Inc.