

September 2, 2009



Americans Becky Lavelle and Matt Reed Lead 2009 Life Time Fitness Triathlon Race to the Toyota Cup Standings

Series Moves To Kaiser Permanente Los Angeles Triathlon on October 4

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Defending Life Time Fitness Triathlon Series Race to the Toyota Cup Champion Becky Lavelle (USA) used a third place finish in the Chicago Triathlon on Sunday to take a 1,000 point lead over Rebecca Wassner (USA) in the Series point standings. On the men's side, Matt Reed moved to the top of the Series point standings with a victory in Chicago. Reed was tied with American Andy Potts and Australian Greg Bennett going into Sunday's race. Potts was involved in a bike accident on Sunday and did not finish while Bennett did not race in the Chicago event.

American Sarah Haskins won the Chicago race and moved into third place in the Series standings. The Series now moves to the Kaiser Permanente Los Angeles Triathlon on October 4 where the winner will receive 10,000 points in the Race to the Toyota Cup. Following the Los Angeles event the Series concludes with the Toyota U.S. Open Triathlon Championships on October 11 in Dallas.

2009 LIFE TIME FITNESS TRIATHLON SERIES RACE TO THE TOYOTA CUP POINTS STANDINGS

MEN

Name (Country)	Point as of August 30, 2009
Matt Reed (AUS)	28,000
Greg Bennett (USA)	18,000
Andy Potts (USA)	18,000

WOMEN

Name (Country)	Point as of August 30, 2009
Becky Lavelle (USA)	25,000
Rebecca Wassner (USA)	24,000
Sarah Haskins (USA)	20,000

About the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

The Series uniquely combines five of the most prominent International-distance (1.5 km swim, 40 km bike and 10 km run) events in the country:

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

The 2009 Series offers \$390,000 in total cash prizes for the Professional Division and is made up of \$322,000 in individual race purses and a \$68,000 Series Bonus. The Series Bonus and Race to the Toyota Cup champions will be determined by points awarded at each event. The top six professional women and men (three in each division) will receive a Series Bonus payout in addition to any individual race awards received as determined by total points. Additionally, the top female and male professionals will be awarded the coveted Life Time Fitness Triathlon Series Race to the Toyota Cup. In order to be eligible for the Series Bonus and Toyota Cup, athletes must start four of the five Series events and participate in the Toyota U.S. Open Triathlon championship event.

The Life Time Fitness Triathlon (lftfriathlon.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. For more information, visit the Life Time Fitness Triathlon Series Web site, lftfriathlonseries.com.

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 September 2, 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.