

October 2, 2009



October 4 Kaiser Permanente Los Angeles Triathlon Next Stop for Athletes Competing in 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

- Greg Bennett (AUS) Looks for Fourth Straight Kaiser Permanente LA Tri Victory
- Becky Lavelle (USA) and Rebecca Wassner (USA) Battle for Women's Series Lead

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

WHAT: Kaiser Permanente Los Angeles Triathlon - Fourth event of five in 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

WHERE: Swim Start: Venice Beach

WHEN: Sunday, October 4, 2009 - 7:15 A.M. (PDT)

WHY: Women's Series leader Becky Lavelle (USA) looks to hold off Rebecca Wassner (USA) and Sarah Haskins (USA) in the Women's Professional Division of the Race to the Toyota Cup. Lavelle has a 1,000 point lead over Wassner and a 4,000 point lead over Haskins. On the men's side, Greg Bennett (AUS) three time LA Triathlon champion and Andy Potts (USA) enter the event tied for second behind American Matt Reed who is not racing in the Los Angeles event.

The Professional field will battle for the event's \$40,000 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.

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 triathlon events in the United States. 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. 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

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

MEN

Name (Country)	Points as of Oct. 1, 2009
Matt Reed (AUS)	28,000
Greg Bennett (USA)	18,000
Andy Potts (USA)	18,000

WOMEN

Name (Country)	Points as of Oct. 1, 2009
Becky Lavelle (USA)	25,000
Rebecca Wassner (USA)	24,000
Sarah Haskins (USA)	20,000

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 October 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.

Source: Life Time Fitness, Inc.