

July 29, 2010



Life Time Fitness Brings LifePower Yoga to Uptown

- Dedicated yoga, pilates and spa destination coming to Uptown in August 2010
- State-of-the-art studio to feature best-in-class, nationally-accredited instructors
- Studio also features LifeSpa, which offers nail and skin care service, as well as therapeutic massage

CHANHASSEN, Minn.--(BUSINESS WIRE)-- [Life Time Fitness, Inc.](#) (NYSE: LTM) today announced plans to open its first LifePower Yoga studio in Minnesota. With a planned August 2010 opening, the new location will mark Life Time's 25th center in Minnesota, and its first dedicated solely to yoga and pilates. The company already operates two LifePower studios: [LifePower at Pima Crossing](#), in Scottsdale, Arizona, and [LifePower Phoenix](#).

Located at 2901 Hennepin Avenue, the luxurious [LifePower Uptown](#) space will offer five authentic and advanced yoga and pilates studios, as well as relaxing lounges and dressing rooms. Moreover, a team of certified best-in-class instructors will guide members through exclusive group and private class offerings of Ashtanga, Vinyasa, Restorative, Meditation, Warrior Fusion, Warrior Sculpt and Yoga Wall.

"At Life Time Fitness, yoga has become a core part of our overall healthy-way-of-life offering," said Jeff Zwiefel, executive vice president, Operations. "With the rise in popularity of yoga , our new space provides consumers with new opportunities to begin or further deepen their practice. We are excited about extending our LifePower brand and the opportunity to join the urban community of Uptown."

LifePower Yoga Uptown offers a variety of package styles for every type of practitioner:

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| Single class drop-in rate | \$17 |
| Five-class package | \$75 |
| 10-class package | \$130 |
| Monthly unlimited membership | \$89.95 |
| Age 26 and under monthly unlimited membership | \$69.95 |
| Life Time Fitness Onyx members | Free |

In addition, LifePower Yoga members can take advantage of the location's [LifeSpa](#), which offers nail and skin care services and therapeutic massage.

For more information, including membership opportunities, contact LifePower Uptown at 612-822-0600.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is a healthy way of life company based in Chanhassen, Minnesota. The Company is dedicated to providing programs and services that help its members connect and engage with their areas of interest, and achieve success with their health and fitness goals. Life Time Fitness designs and operates distinctive, multi-use sports, professional fitness, family recreation and spa/resort centers that help members lead healthy and active lives. As of July 29, 2010, the Company operated 89 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness