

October 26, 2010



Leadville Trail 100 Film Hits Theaters Nationwide November 4

Elite professional and amateur cyclists and runners brave 14,000 feet of altitude, extreme weather and grueling terrain in must-see, inspiring, new Race Across the Sky 2010 documentary

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

What: Race Across the Sky 2010, a behind-the-scenes look at the Leadville Trail 100 mountain bike event, will be shown exclusively in more than 550 Fathom movie theaters nationwide on Thursday, November 4. This special in-theater documentary, presented by NCM Fathom, Citizen Pictures and Life Time Fitness (NYSE: LTM), will showcase world-class professional and amateur athletes testing their strength, perseverance and endurance as they compete more than 13,000 feet above sea level along dangerous mountain terrain.

Race Across the Sky also will feature a live discussion with several Leadville icons including: famous blind adventurer Eric Weihenmayer, who rode in this year's Leadville Trail 100 on a tandem; Olympian cyclists Levi Leipheimer and Jeremy Horgan-Kobelsk; Solo World Female Champion Rebecca Rusch; and Mountain Bike Hall of Famer and six-time Leadville Trail 100 champion Dave Wiens, among others.

When: Thursday, November 4, 2010
8:30 p.m. EST / 7:30 p.m. CST / 6:30 p.m. MST / 8:00 p.m. PST

An encore presentation in select locations will be available Tuesday, November 9, at 7:30 p.m. local time.

Where: Tickets to both the live and encore Fathom events are available at participating theater box offices and online at www.FathomEvents.com. For a complete list of theater locations and prices, visit the website (theaters and participants may be subject to change).

Additional details: In addition to Leadville Trail 100 participants, representatives from Life Time Fitness will be available for interviews pre- and post-event. Please contact Karen Jayne Leinberger at 952-229-7162 or kleinberger@lifetimefitness.com to schedule an interview.

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 October 26, 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, Inc.