

November 17, 2010



Life Time Fitness Fridley USTA Junior National Team Captures National Championship Title

- Championship marks Life Time Fitness Fridley's second national tennis title since 2005
- Team member, Josh Gearou, receives prestigious Sportsmanship Award

CHANHASSEN, Minn.--(BUSINESS WIRE)-- The USTA Junior Tennis team based out of Life Time Fitness Fridley captured the 14 and Under Advanced USTA Junior Team National Championship in Surprise, Ariz., on October 24.

Members of the Life Time Fitness USTA Junior Tennis team captured the 14 and Under Advanced USTA Junior Team National Championship in Surprise, Ariz., on October 24. (Photo: Business Wire)

Life Time Fitness Fridley secured its round robin flight by winning a total of 102 games. They were followed by Texas (101), Mid-Atlantic (86) and New England (38).

Members of the Life Time Fitness team include: Zach Adkins, Tobey Boyer, Summer Brills, Sonya Das, Josh Gearou, Sam Gearou, Jenna Sundstrom, and Patty Zhao. They are led by Coach and Junior Tennis Team Coordinator, Scott Sundstrom.

The championship marks the second time Life Time Fitness Fridley has secured a national junior team title. Since the 1999 inception of the USTA Junior Team National Championships, the Fridley team has sent at least one representative every year for the past 11 years.

Additional information on the USTA Junior Team Championships is available by visiting www.jrteamentennis.usta.com. For more information on tennis at Life Time Fitness please visit www.myLT.com/tennis.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is the 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 November 17, 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.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=6516203&lang=en>

Source: Life Time Fitness