

December 2, 2010



New Life Time Fitness Centennial to Open Saturday, December 11; VIP Preview Celebration Set for Thursday, December 9

Life Time Fitness (NYSE: LTM):

What: Far more than the typical "club" or "gym", which offers little more than a room with equipment, Life Time Fitness' (NYSE: LTM) newest sports and athletics, family recreation and entertainment, professional fitness and spa center provides the people, programs and services that help people achieve their goals and connect to their areas of interest. With a wide range of healthy-way-of-life offerings, Life Time brings its unique and innovative, health and fitness resort for all ages to the residents of Centennial and the surrounding communities.

Where: Life Time Fitness Centennial

5000 East Dry Creek Road

Centennial, Colorado 80111

720-489-1400

When: VIP Community Preview: Thursday, December 9 - 7:00 to 9:00 p.m.

Life Time Fitness Centennial will officially open for members Saturday, December 11, 2010 at 6:00 a.m.

Why: Current Life Time members and residents of Centennial and surrounding communities are invited to experience tours of Life Time Fitness Centennial. Demonstrations of Life Time's wide range of programs and services will be offered throughout the resort.

Life Time Fitness Centennial Highlights:

- Large 129,000 square foot center with 24-hour, seven-day access
- Wide range of specialized member interest groups, including cycling, yoga, running, weight loss and more
- 100+ innovative group fitness classes offered weekly--from low-impact aqua programs to high-intensity aerobic classes--taught by certified instructors
- Team of registered dietitians and nutrition planning experts
- Large team of certified personal trainers offering fitness and health assessment services, and individual and group training programs built on a heart rate training philosophy
- LifePower Yoga, offering the Signature Vinyasa series, fusion and other popular yoga disciplines free with membership
- Dedicated pilates studios offering reformer and mat programming and instruction

- 400+ pieces of state-of-the-art cardio, resistance and free-weight training equipment
- State-of-the-art cycle theater with large video screens offering energetic and entertaining programs
- Exceptional kids programming including instructional camps, swimming lessons and fitness activities
- LifeCafe, offering healthy, natural food and beverage services
- LifeSpa and Salon, which delivers a comprehensive array of hair, nail and skin care services and therapeutic massage
- Large rock-climbing cavern and full-size basketball/volleyball courts
- Large, interactive child center offering an indoor playground, basketball court, computer lab, children's activity areas and a separate infant playroom
- Large indoor and outdoor aquatic areas, complete with two-story waterslides, zero-depth entry recreation pools, lap pools and children's interactive play areas, with two whirlpools and an outdoor bistro

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 certified experts along with best-in-class, healthy lifestyle businesses, 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 December 2, 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.