

December 6, 2010



Start a New Family Tradition in Dublin This Holiday Season with the Life Time Fitness Reindeer Run

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

Looking for a way to burn off some of those holiday cookies? Get into the spirit of the season and help support a great cause! The Life Time Fitness Reindeer Run 5K run and walk annually draws thousands of participants to benefit the U.S. Marine Corps Reserves Toys for Tots program. All participants are encouraged to donate a new unwrapped toy on race day to bring holiday joy to community children.

What: Each of the top three men and women will receive awards following the race and all participants receive a free t-shirt and refreshments. Plus, all participants can take part in the costume contest, with prizes for the top three entrants in each of the following categories: Individuals, pairs and groups (three to eight people).

For additional information, including a course map, visit ltfreindeerrun.com

When: Sunday, December 19, 2010

7:30 a.m. to 8:45 a.m. -- Bib number and t-shirt pickup

9:00 a.m. -- Ho, Ho, Ho...Go 5K start

9:45 a.m. -- Kids 1K start (age 8 and under)

10:15 a.m. -- Costume Contest

Where: Life Time Fitness Dublin

3825 Hard Road

Dublin, OH 43016

614-764-1144

Registration: Registration is available December 16-18 at all three Columbus Running Company locations. Race entry is also available online through December 16 at ltfreindeerrun.com.

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 December 6, 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.