

March 7, 2011



Life Time Fitness Hosts 1,000 Cycling Enthusiasts in St. Paul at 'Ride of a Life Time' Event

SAINT PAUL, Minn.--(BUSINESS WIRE)-- Approximately 1,000 cycling enthusiasts helped [Life Time Fitness, Inc.](http://www.lifetimefitness.com) (NYSE:LTM), the Healthy Way of Life Company, transform the Saint Paul River Centre into the world's largest cycling studio class Sunday with the 'Ride of a Life Time' event.

The two-hour, high-energy Ride of a Life Time was led by Life Time Fitness Chairman, President, and CEO, Bahram Akradi, and top Life Time cycle instructors. Riders also were treated to music spun live by internationally-renowned DJ, Roberto Costa.

All Life Time members and guests donned the 2011 Life Time Cycle Club jersey, designed by Hincapie Sportswear. The event raised more than \$2,000 for the Life Time Fitness Foundation, which is currently focused on improving the quality of children's nutrition in schools.

Note to editors: For additional photos of the Ride of a Life Time event, visit the Life Time newsroom at <http://news.lifetimefitness.com>.

About Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health and fitness goals by engaging in their areas of interest - or discovering new passions - both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. As of March 7, 2011, the Company operated 90 centers under the LIFE TIME FITNESS^(R) and LIFE TIME ATHLETICSM brands primarily in suburban locations in 20 states and 24 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness