

March 8, 2011



Life Time Fitness to Transform CityCentre Plaza into World's Largest Cycle Class with Ride of a Lifetime

Life Time Fitness (NYSE: LTM):

What: More than 1,000 riders will transform CityCentre Plaza into the world's largest cycle class on March 26, 2011, in an attempt to be a part of world record history. The two-hour, high-energy Ride of a Lifetime will be led by Jeff Rosga, one of the founding developers of Life Time's cycling signature programs, and top Life Time Cycle instructors. Riders will be treated to music spun by the internationally-renowned DJ, Roberto Costa, as they try to break the current world record for the largest static cycling class of 1,052, set by Life Time in Minneapolis on March 7, 2010.

When: Saturday, March 26, 2011

Ride: 10:00 a.m. - 12:00 p.m.

Check-in: 8:00 a.m. - 9:45 a.m.

Where: CityCentre Plaza

815 Town and Country Lane

Houston, TX 77024

Phone: 713-464-1200

Register: Life Time members and guests may find additional information or register for the Ride of a Lifetime at mylt.com/cycling. All participants must wear a 2011 Life Time Cycle Club jersey, designed by Hincapie Sportswear, which is included in the \$50 registration fee. A portion of the proceeds will benefit the Life Time Fitness Foundation, which is currently focused on improving children's nutrition in schools.

Media is welcome to attend and take pictures/roll footage during the Ride of a Lifetime. For access to the event, media must contact [Erica Dao](#) (952-229-7805) at Life Time Fitness.

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 8, 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, Inc.