

April 11, 2011



Media Alert: Life Time Fitness Fridley Will Host Tennis Tournament to Benefit the American Cancer Society

The 12th Annual Sandy Dyer Open Tennis Tournament will take place April 29 - May 1

Life Time Fitness (NYSE: LTM):

What: The 12th Annual Sandy Dyer Open Tennis Tournament raises money for the American Cancer Society in honor of Sandy Dyer, a Life Time Fitness Fridley destination member and United States Tennis Association player, who died of ovarian cancer in 1999. With more than 300 participants last year, the Sandy Dyer Open has grown to be the largest tennis tournament in the United States Tennis Association Northern Section. The tournament includes a silent auction, dinner buffet and party that are open to the public free of charge, although donations are encouraged.

When: Event Kickoff - April 29 at 5:00 p.m.
Event Closing - May 1 at 10:00 p.m.
Silent auction, dinner buffet and party - April 30 from 6:00-8:00 p.m.

Where: Life Time Fitness Fridley
1200 East Moore Lake Drive
Fridley, MN 55432
Phone: (763) 656-1500

Registration: Registration is available online through April 24.

Registration fees: Singles - \$40 per player; Doubles - \$20 per player

Participants can also mail in registration by sending a completed entry blank and checks to Brian McCoy, Tournament Director, Life Time Fitness Fridley, 1200 East Moore Lake Drive, Fridley, MN 55432. Completed forms can also be faxed to (763) 656-1521.

Donations: Donations can be made online. Donors are invited to attend the silent auction, dinner buffet and party on the evening of April 30. All donations are fully tax deductible.

If you are interested in information regarding the silent auction, contact Pat Babineau at 651-628-0648 or patbabineau@comcast.net. Donations may be dropped off at Life Time Fitness Fridley.

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 April 11, 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.