

May 3, 2011



Fitness Professionals and Enthusiasts to Unite at EMPOWER! Texas

Life Time Fitness (NYSE: LTM):

What: Hundreds of fitness, wellness, and mind-body professionals and enthusiasts will gather for the "EMPOWER!" weekend fitness celebration May 20 - 22, produced by Global Fitness Solutions, LLC. This education-filled weekend will feature the industry's top presenters delivering energetic fitness workshops, motivating lectures, and fun-filled master classes. This year's highlights include hard-core Bootcamp Instructor Training with Sgt. Ken Weichert, six-time Soldier of the Year with the U.S. Army, the internationally known Zumba Basic Instructor Certification and the industry's Best Indoor Cycling Instructor Training Course presented by Schwinn Cycling(R).

When: May 20, 2011 - May 22, 2011

Where: Premier Place Life Time Athletic
5910 N. Central Expressway
Dallas, TX 75206
214-624-5800

Register: For additional information or to register for "EMPOWER!" visit empowerfitnesssevents.com. A portion of the proceeds will benefit the Life Time Foundation, which is focused on improving the quality of children's nutrition in schools.

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 May 3, 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.