

May 11, 2011



Amateur and Professional Triathletes Descend upon Las Vegas for Inaugural Leadman Life Time EPIC 250 Triathlon May 14

Life Time Fitness (NYSE: LTM)

WHAT: Life Time Fitness (NYSE:LTM), the Healthy Way of Life Company, will bring more than 50 of the fittest triathletes in the sport together to compete in the Leadman Life Time EPIC 250 Triathlon May 14 in Las Vegas. The inaugural event is the only triathlon of its kind, offering a unique 250-kilometer challenge through an incredible landscape.

WHEN: Saturday, May 14, 2011--6:00 a.m. PDT (Race start)

WHO: Alongside some of the fiercest amateur triathletes in the sport, the following professionals are scheduled to compete in the event's inaugural field:

Women	Men
-- Hillary Biscay (USA)	-- Kevin Everett (USA)
-- Marilyn McDonald (CAN)	-- Matt Lieto (USA)
-- Angela Neath (CAN)	-- Jordan Rapp (USA)
-- Tara Norton (CAN)	-- Cesar Valera (VEN)

WHERE: Swim--Five-kilometers (3.1 miles) starting at Lake Mead National Recreation's Boulder Beach in the shadow of Dead Man's Island.

Bike--More than 223-kilometers (138.6-mile) through the Valley of Fire State Park.

Run--A 22-kilometer (13.7-mile) run along the trail that once brought workers and materials to build Hoover Dam.

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 11, 2011, the Company operated 91 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