

October 12, 2011



Continue the Family Tradition This Holiday Season with the Turkey Trot 8K

Get your gobble on, support a great cause and win a new Polar RCX5

Life Time Fitness (NYSE: LTM):

What: Don't miss your chance to warm up your Thanksgiving appetite for the 34th straight year with the [Turkey Trot 8K](#), presented by Fleet Feet Sports and produced by [Life Time Fitness](#) (NYSE:LTM). Join runners, joggers and walkers for a morning of fun along a scenic, flat eight-kilometer course designed to highlight the fall beauty of Lincoln Park.

For many, today is not a day of overindulgence but just another day to figure out where their next meal is coming from. In support of those in our community that are less fortunate, the Turkey Trot has teamed up once again with [Greater Chicago Food Depository](#) to provide food assistance to local residents. To show support, all participants are asked to bring at least one non-perishable food item to donate at drop boxes on race day.

Since 1977, the Turkey Trot has brought family and friends together across the nation to start the day in a healthy way. There's never been a better way to prep for your Thanksgiving dinner!

Register before November 1, and be entered to win a new [Polar RCX5 sd-RUN](#) training computer. For additional information, including a [course map](#), visit www.turkeytrotchicago.com.

When: Thursday, November 24, 2011
7:00 to 8:30 a.m.—Race day registration and packet pickup
9:00 a.m.—Turkey Trot 8K start
10:00 a.m.—Plymouth Rock Ramble
10:15 a.m.—Raffle and Turkey Trot 8K awards

Where: The Turkey Trot starts on Cannon Drive north of Fullerton, then heads north to Stockton before turning south and continuing toward west La Salle. Just before hitting West La Salle, participants will turn left and enter the park before returning on a parallel course towards the finish line on Cannon Drive.

Registration: Race entry is available online at www.turkeytrotchicago.com through November 22. Register before November 1, and be entered to win a new Polar RCX5 sd-RUN training computer. Race entry is also available on November 24 on the east side of Cannon Drive.

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 October 13, 2011, the Company operated 92 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimfitness.com.

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