

October 13, 2011



# Start a New Family Tradition This Holiday Season with the Inaugural Turkey Day 5K Las Vegas

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

Life Time Fitness, Inc. (NYSE: LTM):

**What:** Don't miss your chance to warm up your Thanksgiving appetite at the inaugural, [Turkey Day 5K Las Vegas](#), produced by [Life Time Fitness](#) (NYSE:LTM). Join runners, joggers and walkers for a morning of fun along a scenic, flat five-kilometer course designed to highlight all that Las Vegas has to offer in a unique, unhurried way.

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, Turkey Day 5K has teamed up with [Three Square](#), Southern Nevada's only food bank providing food assistance to the residents of Lincoln, Nye, Esmeralda and Clark Counties. To show support, all participants are asked to bring at least three non-perishable food items to donate at drop boxes on race day.

Since 1989, Turkey Day 5K events have 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.turkeyday-5k.com](#).

**When:** Thursday, November 24, 2011  
6:00 to 7:30 a.m.—Race day registration, bib number and t-shirt pickup  
8:00 a.m.—Turkey Day 5K start

**Where:** The Turkey Day 5K Las Vegas will start and finish downtown on Las Vegas Boulevard at the world famous Fremont Street. The flat 5-kilometer course will tour the historic downtown Las Vegas area, home for everyone from Bugsy Segal to the current reality show hit, Pawn Stars. The run ends with a dramatic finish amidst the neon celebration of the Fremont Street Experience.

**Registration:** Race entry is available online at [www.turkeyday-5k.com](#) through November 17. 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 Fremont Street Experience at 3rd Street between the stage and Ogden Ave.

## 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 ATHLETIC<sup>SM</sup> brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](#).

**Life Time Fitness, Inc.**

Karen Jayne Leinberger, 952-229-7162

[kleinberger@lifetimefitness.com](mailto:kleinberger@lifetimefitness.com)

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