

October 13, 2011



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

*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 at the inaugural, [Turkey Day 5K Phoenix](#), 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 downtown Phoenix 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 [St. Vincent de Paul](#) to aid in helping the homeless, poor, and disenfranchised in the local community. To show support, all participants are asked to bring at least one non-perishable food or clothing item 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](http://www.turkeyday-5k.com).

**When:** Thursday, November 24, 2011  
6:30 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 Phoenix starts at Wesley Bolin Plaza on Jefferson heading east to 3rd Avenue, then continues north to McKinley before heading south back to Washington via 4th Avenue. The finish line offers a picturesque backdrop highlighted with the State Capitol building.

**Registration:** Race entry is available online at [www.turkeyday-5k.com](http://www.turkeyday-5k.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 in the south parking lot of the Wesley Bolin Plaza.

## 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](http://lifetimefitness.com).

**Life Time Fitness, Inc.**

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Source: Life Time Fitness, Inc.