

October 20, 2011



# Life Time Fitness Brings Alpha Showdown National Championship to Life Time Fitness St. Louis Park October 23

Life Time Fitness (NYSE: LTM):

**What:** Top competitors from all over the country will demonstrate their athleticism and strength while pushing the boundaries of what it means to be mortal Sunday, October 23 at Life Time Fitness St. Louis Park as part of the Alpha Showdown National Championship. Alpha Showdown participants will compete in a series of events including the Power Gauntlet, the Hypertrophy Decathlon featuring 10 different stations, 250 meters of rowing, and finally, an obstacle course for the Endurance Gauntlet. All events will be timed and participants will be disqualified for not meeting required time restrictions. For more information, visit [www.alphashowdown.com](http://www.alphashowdown.com).

**When:** Sunday, October 23, 2011 - 8:00 a.m. to 2:00 p.m.  
8:00 a.m. to 10:00 a.m. Beta Wave (pre-registered competitors)  
10:00 a.m. to 12:00 p.m. Alpha Wave (national finalists)  
12:00 p.m. to 2:00 p.m. Relay Wave (pre-registered competitors)

**Who:** The following finalists are scheduled to compete as part of the Alpha Showdown National Championship:

## Female

- Lyndsey Barbour (Denver)
- Erica Deegan (Chicago)
- Val Douglas (Houston)
  
- Maria Herman (Dallas)
- Mary Kanner (Scottsdale)
- Sharon Kapusta (Long Island)
- Kate Lonsinger (Dublin)
- Katie Murphy (Minneapolis)
- Andrea Ojert (Atlanta)
- Nicole Phillips (Las Vegas)
- Jessica Remigio (Kansas City)
- Heather Sanden (Washington DC)
- Amy Tegtmeyer (Detroit)
- Patricia Werhan (Boca Raton)
- Rachel Zanardi (San Antonio)

## Male

- Peter Ayoade (Atlanta)
- Karl Baumgart (Scottsdale)
- Ryan Carlson (Boca Raton)
  
- Mark Hooton (Dallas)
- Joshua Kerr (Denver)
- Brian Palma (Houston)
- Michael Ramsower (San Antonio)
- Sean Russell (Kansas City)
- Brandon Schwartz (Minneapolis)
- Michael Springer (Las Vegas)
- Kiko Stefanov (Chicago)
- Joseph Strada (Washington DC)
- Gerred Tolson (Long Island)
- Dave Ulmer (Dublin)
- Kevin Weedmark (Detroit)

**Where:** Life Time Fitness St. Louis Park  
5525 Cedar Lake Road  
St Louis Park MN 55416  
Phone: 952-546-5474

## 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 September 23, 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 [lifetimefitness.com](http://lifetimefitness.com).

Life Time Fitness  
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Source: Life Time Fitness