

March 31, 2012



Champions Crowned at LeadmanTri Epic 125 in Las Vegas

LAS VEGAS--(BUSINESS WIRE)-- An elite field of some of the toughest amateur and professional triathletes competed in the LeadmanTri Epic 125 March 31. Truly unique, the event provides a challenging 125-kilometer course through the desert outside Las Vegas.

Competing against a stellar field of world-class professionals on the event's ultra-distance course, Angela Naeth won the women's professional division at 5:07:41 and Maik Twelsiek won the men's professional division at 4:44:57.

In the women's professional division, Jackie Arendt finished second with a time of 5:23:49, while Christine Anderson finished third with a time of 5:32:22. In the men's professional division, Matt Russell finished second with a time of 4:50:33, followed by third-place finisher Thomas Gerlach with a time of 4:52:32.

For the women's amateur division, Kara Nielsen finished with a time of 5:59:40, followed by second-place finisher Cathy Yndestad with a time of 6:08:58 and third place finisher Lisa Heisinger with a time of 6:23:26. In the men's amateur division, Tim Hola finished at 5:02:44, followed by second-place finisher Tom Trauger with a time of 5:19:57 and third place finisher Ryan McGuigan with a time of 5:20:53.

Saturday's Leadman relay division saw the team of Becky Lamph, Bryson Perry and Ken Cooper take first place in 4:53:43, ahead of Kevin Scott, Chris Armstrong and Suzanne MacIsaac, who came in second with a time of 5:39:54.

The LeadmanTri includes a 2.5-kilometer swim starting at Boulder Beach near Dead Man's Island, followed by a challenging 109.5-kilometer bike on twisting high desert mountain roads and finishes with a 13-kilometer run that climbs the River Mountain Trail to Boulder City, home of the Hoover Dam.

For more information on LeadmanTri, including future events and full race results, please visit www.leadmantri.com.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The Company's healthy way of life approach enables customers to achieve this by providing the best programs, people and places of exceptional quality and value. As of March 26, 2012, the Company operated 96 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC^(SM) brands in the United States and Canada. Life Time also operated seven

additional acquired facilities, which are in transition to become Life Time centers. More information about Life Time centers, programs and services is available at lifetimefitness.com.

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