

April 2, 2012



Grand Opening VIP Event at Life Time Fitness South Tulsa Set for April 12

Company's first Healthy Way of Life destination in Oklahoma officially opens April 14

Life Time Fitness (NYSE: LTM):

What: April 14 will mark the first day of operations at Life Time Fitness South Tulsa, which represents [Life Time Fitness, Inc.'s](#) (NYSE: LTM) first Healthy Way of Life destination based in Oklahoma. Unlike the typical health club or gym, which offers little more than a room full of equipment, Life Time has created an entirely new Healthy Way of Life industry complete with destinations that deliver an incredible array of sports and athletics, family recreation and entertainment, professional fitness and spa services, programs and certified experts. Each Life Time center is designed to engage members in their areas of interest while helping them to set and achieve their total health objectives, athletic aspirations and fitness goals.

When: VIP Community Preview: Thursday, April 12, 2012
6:00 p.m.: Ribbon cutting ceremony
6:00 – 9:00 p.m.: VIP celebration
Life Time will officially open for members Saturday, April 14, at 4:00 a.m.

Where: [Life Time Fitness South Tulsa](#)
10462 South Memorial Drive
Tulsa, OK 74133
918-364-8500

Why: Residents of Tulsa and surrounding communities are invited to experience Life Time Fitness South Tulsa. Demonstrations of Life Time's programs and services will be offered during this special event.

For media interested in on-site tours, please contact KJ Leinberger at 952-229-7162 or kleinberger@lifetimefitness.com. To learn more about Life Time Fitness South Tulsa, 'like' us on Facebook at <https://www.facebook.com/lifetimefitnesssouthtulsa>.

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 27, 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.

Life Time Fitness, Inc.

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Source: Life Time Fitness, Inc.