

August 29, 2012



# Life Time Academy Expands Program Offerings; Launches New Website

*Professional certificate programs now include personal training, group fitness, yoga and Pilates*

CHANHASSEN, Minn.--(BUSINESS WIRE)-- [Life Time – The Healthy Way of Life Company](#) (NYSE:[LTM](#)) has expanded its Life Time Academy programs to include personal training, group fitness, yoga and Pilates to prepare graduates for successful careers throughout the health and fitness industry. The professional certificate program has also launched a new website, [www.ltacademy.net](http://www.ltacademy.net), where potential students can learn more about programs, curriculum, faculty and locations.

As part of the program expansion, Life Time Academy has partnered with industry leaders including National Academy of Sports Medicine (NASM), Yoga Alliance, American Council on Exercise (ACE), and Peak Pilates. Through these unique partnerships students that graduate from Life Time Academy earn their Certified Personal Trainer, Corrective Exercise Specialist, Performance Enhancement Specialist, Peak Pilate System Level 1 certification, 5 Star Group Fitness Instructor certification and Yoga Teacher Training certifications.

“The health and fitness industry is growing and we’re seeing more and more people looking into health and fitness careers,” says Jeff Rosga, education director of Life Time Academy. “Through our expanded programs and live training environments in our Life Time destinations across the country, we are not only providing graduates with better job opportunities but we are giving the necessary skills to be successful in the industry.”

Students train at Life Time’s state of the art facilities in small classes and experience one-on-one interaction with Life Time Academy faculty and administration. As part of Life Time, one of the largest employers in the health and fitness industry, many students end up finding employment through the company.

Professional certification classes are forming now and Life Time Academy is accepting applications. To learn more about the programs or register, visit [ltacademy.net](http://ltacademy.net).

## **About Life Time Fitness, Inc.**

As The Healthy Way of Life Company, Life Time Fitness ([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 uncompromising quality and value. As of Aug. 29, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information

about Life Time centers, programs and services is available at [lifetimefitness.com](https://lifetimefitness.com).

**Life Time Fitness, Inc.**

Lauren Flinn, 952-229-7776

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

Source: Life Time Fitness, Inc.