

# Laguna Niguel Site of First Planned Ultra-Premium Life Time Fitness Destination in California

## *Company and Community Officials Commemorate Launch of Construction*

LAGUNA NIGUEL, Calif.--(BUSINESS WIRE)-- A long-since shuttered Laguna Niguel building crumbled amid the applause of onlookers Friday as [Life Time Fitness, Inc.](#) (NYSE: [LTM](#)), the Healthy Way of Life Company(SM), commenced construction on its first planned resort-like sports, professional fitness, family recreation and spa destination in California. Founded in 1992, Minnesota-based Life Time operates 105 of its unique destinations throughout the United States and Canada.

Life Time begins construction on its first planned resort-like sports, professional fitness, family recreation and spa destination in California.  
(Photo: Business Wire)

The massive, 127,000+ square foot [Life Time Athletic Laguna Niguel](#) will boast a comprehensive array

of programs and services, along with the support of hundreds of certified professionals, to engage members in their areas of interest while helping them to achieve their total health objectives, athletic aspirations and fitness goals. The site of the new center will be located at 25600 Rancho Viejo Road, a former Home Depot Expo that closed in 2009.

The Life Time Athletic Center will provide more than 400 pieces of state-of-the-art cardiovascular and resistance training equipment, multiple dedicated group exercise, pilates, cycle, and LifePower Yoga studios. Life Time Athletic Laguna Niguel will also feature large indoor and outdoor aquatics centers complete with two-story outdoor waterslides, large, zero-depth entry recreation pools, lap pools and children's interactive play areas, two whirlpools and an outdoor bistro.

"We are excited to bring our unique, family-oriented Healthy Way of Life destination to the Laguna Niguel community," said Tami Kozikowski, Executive Vice President, Real Estate and Development. "In stark contrast to the typical 'health club' or 'gym,' which usually is no more than a room of equipment, Life Time delivers the experts, programs and services that connect and engage members in the areas that interest them most, while introducing them to new passions. In doing so, we help each individual define a personal path to a healthy and active lifestyle, and provide them with comprehensive tools and support to reach their goals."

Furthermore, members can take advantage of LifeSpa and Salon, which delivers a full range of hair, nail and skin care services and therapeutic massage, and LifeCafe, which offers the best in healthy food and beverage services.

Families will appreciate the facility's large, interactive child center, featuring a computer center, children's activity areas and a separate infant playroom. Dedicated family dressing rooms also will be available.

Life Time provides complimentary towel and locker service, and an initial 14-day money-back guarantee. The Company does not offer or require long-term membership contracts. A preview center is scheduled to open in Fall 2013 to provide consumers with a sneak peek of the facility, along with special Founder's Membership opportunities.

### **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 uncompromising quality and value. As of December 15, 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](http://lifetimefitness.com).

Photos/Multimedia Gallery Available:

<http://www.businesswire.com/multimedia/home/20121215005010/en/>

Life Time Fitness, Inc.

Jason Thunstrom, 952-229-7435

or

Lauren Flinn, 952-229-7776

<http://clubs.lifetimefitness.com/Laguna-Niguel/63877/>

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