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Athleta Esprit de She Joins 50th & France Business Association for the Ultimate Ladies' Night Out Experience July 25

50th & France Ladies' Night Out to begin with a fitness-inspired "happy hour" 5K run in one of Minnesota's most desirable shopping and dining destinations

CHANHASSEN, Minn.--(BUSINESS WIRE)-- [Life Time – The Healthy Way of Life Company](#) (NYSE:[LTM](#)) announced today that its premiere athletic event series designed exclusively for women, [Athleta Esprit de She – The Spirit of Her Race Series](#), will kick off the annual [Ladies' Night Out](#), hosted by the [50th & France Business Association](#) on July 25, with a 5K run. Athleta Esprit de She Edina will include a post-event celebration with hosted activities and shopping discounts from participating businesses for the ultimate ladies night out.

Edina's 50th & France hosts one Ladies' Night Out event annually. The fourth annual event is set for Thursday, July 25, from 4 to 8 p.m., and features live entertainment, dining, shopping, and numerous sidewalk sales from more than 50 participating stores. The event also includes a Health & Wellness Market by the fountain on W. 50th Street.

"We are thrilled to partner with Life Time Fitness to present Athleta Esprit de She as the prelude to our Ladies' Night Out event," said Rachel Thelemann, Executive Director of the 50th & France Business Association. "Both organizations share a commitment to inspiring health and wellness in our communities. We couldn't be more excited to host and celebrate the success of these women as they finish the Athleta Esprit de She run."

Designed exclusively for women, the national Athleta Esprit de She Race Series features 18 fitness-inspired "happy hour" 5K and 10K runs, cycle tours, duathlons and triathlons for every pace and passion. The series kicked off in May in Tempe, Ariz., with a triathlon and duathlon. In addition to the July 25 event in Edina, Athleta Esprit de She will also host a 5K/10K run in Maple Grove and a duathlon and cycle tour in Minneapolis this summer.

"We are delighted to host the kick-off to this year's 50th and France Ladies' Night Out," said Athleta Esprit de She Brand Director, Lindsey Kurhajetz. "Athleta Esprit de She was born out of the desire to give active women athletic experiences that integrate education and bring women's favorites together in one place. The shopping, food, live music and great deals Ladies' Night Out offers are the perfect backdrop for our post-race night market."

For more information about the Athleta Esprit de She events, visit www.espritdeshe.com, the official website of The Spirit of Her Race Series. Athleta Esprit de She can be found on Twitter by following [@EspritdeShe](#) and by liking the [Esprit de She Facebook page](#).

About 50th & France

The purpose of the 50th & France Business and Professional Association is to promote the

general welfare and economic well-being of the 50th & France business district. The association regularly hosts events like the Art Crawl, Tree Lighting Ceremony, Edina Art Fair, and many more. 50th & France was recently voted best boutique shopping and best restaurant-hood, to name a few. 50th & France offers free on-site parking! Find 50th & France on Facebook, Twitter @50thandFrance or www.50thandfrance.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 uncompromising quality and value. As of May 15, 2013, the Company operated 106 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

About Athleta

Founded in 1998, Athleta is a premium fitness and lifestyle apparel brand for women, outfitting female athletes in the ultimate performance apparel for every athletic pursuit, from running to swimming to skiing to biking and everything in between. Designed by female athletes for female athletes, Athleta’s products blend high performance with feminine style. Athleta sells its apparel, along with footwear and accessories, through retail locations across the country, catalogs and its website, www.athleta.com. Headquartered in Petaluma, CA, Athleta was acquired by Gap Inc. (NYSE: GPS) in September 2008 and is part of the Growth, Innovation & Digital division.

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