

July 15, 2013



Life Time Fitness Overland Park Invests Nearly \$1 Million in Enhancements

New, state-of-the-art equipment, expanded fitness offerings and the addition of Medi-spa are highlights of club improvements

CHANHASSEN, Minn.--(BUSINESS WIRE)-- One of Kansas City's premier Healthy Way of Life destinations — Life Time Fitness Overland Park — is completing nearly \$1 million in enhancements to further the company's position as the premier health and wellness facility in the area. [Life Time – The Healthy Way of Life Company](#) (NYSE: [LTM](#)) also operates Life Time Fitness Lenexa.

The 112,000-square-foot facility, one of 106 Healthy Way of Life destinations across the country and Canada, opened in 2006 as the first resort-like sports, professional fitness, family recreation and spa destination in Kansas. Life Time Fitness Lenexa opened in 2010.

"Life Time provides everything in one place with the most-qualified instructors and the best programs available," said Jason Turner, Life Time Fitness Overland Park general manager. "Think of Life Time as a collection of best-in-class boutiques with the convenience of a broad range of programs, professionals and services all under one roof. I invite the community to experience our enhancements at Life Time Overland Park with a complimentary seven day pass."

In recent months, the Overland Park club has undergone significant improvements and renovations including a \$550,000 investment in new, state-of-the-art cardio and fitness equipment, and Life Time's exclusive Ultimate Training System, designed by Life Time Founder, Chairman, President and CEO Bahram Akradi, to accommodate the use of heavy ropes, TRX straps, rip trainers and resistance bands for functional training. In addition, new Group Fitness classes and Training Programs have debuted including Slow Burn Yoga, INSANITY®, the popular at-home program and Life Time's elite Alpha Training program. In total, nearly 100 specialized classes are available to choose from each week.

LifeSpa, a full service salon and spa open to both Life Time members and non-members, has undergone \$350,000 in renovations including the addition of a Medi-Spa offering injectables and fillers, skin tightening, laser vein therapy and more. Any non-member who books an appointment receives a full day of access to Life Time, including two hours for their children in the Life Time Child Center.

Other improvements to Life Time Fitness Overland Park include new televisions and lighting systems throughout the club, refinishing of basketball, racquetball and squash courts, and a complete resurfacing of outdoor aquatics pool area and re-plastering of indoor pools.

Life Time Fitness Overland Park is located at 6800 West 138th Street, Overland Park, Kan. 66223. For more information, call 913.239.9000, visit lifetimefitness.com/overland-park or facebook.com/lifetimefitnessoverlandpark.

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 July 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.

Life Time Fitness, Inc.

Natalie Bushaw, 952-229-7007

nbushaw@lifetimefitness.com

Source: Life Time Fitness, Inc.