

August 23, 2013



## Life Time Opens 14 New MediSpa Locations across the Country

*Consumers looking to improve their youthfulness can take advantage of medically supervised skin, laser and injectable services*

CHANHASSEN, Minn.--(BUSINESS WIRE)-- [Life Time – The Healthy Way of Life Company](#) (NYSE: [LTM](#)) has added 14 new [MediSpa](#) locations at select Life Time destinations nationwide. Members and non-members alike can take advantage of a wide range of services in skincare, laser and injectables. The MediSpa locations will be an expansion of the already successful [Life Time LifeSpa locations](#) that include hair care, nail care, body and massage as well as skin care services. 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.

Each location is led by a Board Certified Medical Director and offers the latest in skin, laser and injectables innovations including:

- Chemical Peels
- Laser Hair Removal
- Photo Rejuvenation
- Skin Tightening
- Fractional resurfacing
- BOTOX<sup>®</sup> Cosmetic
- JUVÉDERM<sup>®</sup> XC
- Restylane<sup>®</sup>
- Perlane<sup>®</sup>
- Radiesse<sup>®</sup> filler
- Latisse<sup>™</sup>
- Sculptra<sup>®</sup> Aesthetic
- Sclerotherapy
- Laser 360
- Zerona<sup>®</sup> Body Contouring
- HydraFacial<sup>™</sup>
- Laser Vein Therapy

The expansion of Life Time MediSpa includes locations in Rockville, Md., Dublin and Easton, Ohio, Dallas and Lake Houston, Texas, Vestavia Hills, Ala., Cary, N.C., Fairfax and Reston, Va., Parker and Westminster, Colo., Overland Park and Lenexa, Kan., and West County, Mo.

“The introduction of MediSpa is a great complement to Life Time’s already robust offerings as we help men and women live a healthy way of life,” said John Reilly, Life Time senior vice president of corporate business. “Our customers have grown to appreciate the convenience that Life Time offers to help people achieve their total health objectives. The addition of these MediSpas creates another opportunity to change the way people look and feel about themselves.”

Life Time MediSpa locations use state-of-the-art equipment and services are delivered with oversight from a Board Certified Medical Director, certified Laser Specialist, licensed Injection Specialist and certified Zerona® Specialist to deliver services safely and effectively.

To learn more about Life Time MediSpa or book an appointment, visit a Life Time destination [near you](#), check out MediSpa online at <http://lifetimefitness.mylt.com/community/lifespas-and-salon> or [facebook.com/lifetimefitness](https://facebook.com/lifetimefitness).

#### **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 August 23, 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](http://lifetimefitness.com).

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Source: Life Time Fitness, Inc.