

November 25, 2013



Jonathon Pingel and Kristin Scarella Boyce Earn Alpha Male and Alpha Female Titles at National Alpha Showdown Competition

In the ultimate test of functional fitness, both defeat top regional finalists in a series of workouts that tested power, strength, endurance, speed & agility, coordination, balance & flexibility challenge to take top honors

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Top competitors from around the country demonstrated their athleticism, strength and overall fitness in the second [National Alpha Showdown](#) competition presented by [Life Time – The Healthy Way of Life Company](#). The competition took place on center court at the newly opened [Life Time Athletic and Tennis at Peachtree Corners](#) on Saturday, Nov. 16 drawing regional winners as well as new Alpha participants but ultimately only two earned the title of the 2014 Alpha Male and Alpha Female. Jonathon Pingel from Omaha, Neb. and Kristin Scarella Boyce from Dallas, TX defeated 54 competitors including regional finalists. Pingel and Boyce completed gauntlets in each of the Eight Fitness Abilities: power, strength, endurance, speed, agility, coordination, balance & flexibility. As Alpha Male and Alpha Female, Pingel and Boyce receive a trip for two to Mexico, as well as a Torque Fitness Warrior Rack and bragging rights as two of the fittest men and women in the country.

Competing in Fitness as a Sport, the Alpha Showdown pushes competitors mentally and physically, while creating a comprehensive performance challenge that allows them to see how they rank among the fittest people in the country. All events at the national competition were scored based on an overall rank in each individual workout. The person who scored the least amount of total points over all workouts won the competition.

Launched in 2010, Alpha Showdown competitions take place locally in Life Time destinations nationwide followed by regional competitions, and culminating with the national competition held in November. Last year, Life Time launched Alpha Training to help people become healthier and improve functional fitness. Alpha Training is a program that focuses on functional movements that are properly progressed using varying intensities. The Alpha Showdown events are designed to track progress year over year and offer a competitive platform to test the fittest men and women in the country. Alpha Training focuses on basic movements that people perform every day including squatting, lunging, bending, pushing, pulling, rotating, walking and running. Those who participate in Alpha Training will improve their body composition, strength, power, speed, agility, coordination and cardiovascular endurance in a fun, competitive and intense workout.

For more information about Alpha Showdown or Alpha Training please visit <http://www.wearealpha.com> or <http://www.facebook.com/wearealpha>.

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 members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of Nov. 25, 2014, the Company operated 108 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.

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