

November 4, 2014



Life Time Announces 2015 Life Time Tri Series Race Schedule

Registration for internationally renowned 13-event series opened today at LifeTimeTriSeries.com; Lottery still open for New York City Tri

CHANHASSEN, Minn.--(BUSINESS WIRE)-- On the heels of a dramatic finish to the 2014 Series in Oceanside, CA and planned collaboration with [IRONMAN®](#), [Life Time – The Healthy Way of Life Company](#) (NYSE: [LTM](#)) unveiled the [2015 Life Time Tri Series](#) race schedule. Event registration opened today, Nov. 4, 2014, at 10:00 a.m. CST aside from the New York City Tri lottery that opened Nov. 1, 2014.

In total, Life Time Tri will produce 13 events throughout 2015, featuring some of the most prominent triathlons in the United States:

Event	Date
Life Time Tri Marquee	April 12, 2015
Life Time Tri South Beach	April 19, 2015
Life Time Tri CapTex	May 25, 2015
Life Time Tri Trinona	June 7, 2015
Life Time Tri Minneapolis	July 11, 2015
Panasonic New York City Triathlon	July 19, 2015
Life Time Tri Maple Grove	August 22, 2015
Transamerica Chicago Triathlon	August 30, 2015
Life Time Tri Tempe	September 20, 2015
Mack Cycle Escape to Miami Triathlon	September 20, 2015
Life Time Tri Oceanside	October 26, 2015

Life Time Tri events attracted more than 28,000 athletes in 2014 uniting professional, amateur and new triathletes from around the world. Elite and professional triathletes competed in International distance races featuring a 1.5-kilometer swim, 40-kilometer bike, and 10-kilometer run racing for America's largest pro cash purse. Select events also host Sprint or Super Sprint distances for age group and beginner triathletes in addition to kid's triathlon events in select markets.

Earlier this month, Life Time and IRONMAN announced a planned collaboration to promote the growth of triathlon and to welcome new athletes into the sport through education and premier events. As an "Official Sponsor of the IRONMAN® and IRONMAN 70.3® U.S. Series," Life Time's 13 Sprint and International distance triathlons will be contributors to the IRONMAN Age Group Ranking and IRONMAN All World Athlete™ programs.

To prepare athletes of all fitness levels for triathlon, Life Time offers a variety of training options at its 112 destinations nationwide. Life Time Endurance coaching, Starting Line 101 Clinics, Triathlon Camps, Life Time Tri Team group training and Indoor Tri events, along with

complimentary educational sessions and race simulations provide all the tools needed for success.

To kick off the 2015 Tri season, Life Time in collaboration with IRONMAN, will host an Indoor Triathlon Workout on Jan. 4, 2015 as part of Commitment Festival at Life Time destinations nationwide. The 60-minute workout will feature a 10-minute indoor pool swim, a 30-minute indoor cycle ride, and a 20-minute indoor treadmill run. Athletes of all abilities from beginner to experienced are invited to register. All participants that register for and attend the Indoor Tri Workout are eligible to enter for a chance to win one of three slots to the 2015 Ironman 70.3 World Championships in Zellam See-Kaprun, Austria or, one of five slots to a Life Time Tri Series race.

To register for any of the Life Time Tri events, visit lifetimetri.com, the official website of Life Time Tri. Entrance to the [New York City Triathlon](#) is lottery-based and opened on Nov. 1, 2014 at 12:01 a.m. The lottery will remain open for two weeks. The registration link can be found at NYCTri.com.

You also can stay updated with the latest information from Life Time Tri on Twitter by following @LifeTimeTri and by liking the [Life Time Tri Facebook page](#).

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 Nov. 4, 2014, the Company operated 112 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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