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Life Time Esprit de She Announces 2015 Event Schedule

Designer women's event series offers 5k/10k runs, duathlons and triathlons for every pace and passion; Registration now open at www.espritdeshe.com

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Following its second year, [Esprit de She – The Spirit of Her Race Series](http://www.espritdeshe.com) unveiled the 2015 event schedule. Designed exclusively for women and produced by [Life Time – The Healthy Way of Life Company](http://www.lifetime.com) (NYSE:LTM), Esprit de She continues its tradition of inspiring an active lifestyle for women with 13 events spanning eight states. Signature events include fitness-inspired 'happy hour' 5k/10k runs, triathlons and duathlons for every pace and passion. Event information, including registration, is now available at [Espritdeshe.com](http://www.espritdeshe.com).

“What a true honor it has been to witness nearly 16,000 women across the country challenge themselves to accomplish their fitness goals and celebrate their strength at our Esprit de She events,” says Lindsey Kurhajetz, Esprit de She brand director. “In 2015, we hope to build upon the lifestyle we’re creating by offering advanced training and nutrition plans and inviting women of all ages and abilities to join our fitness-loving community where we make a choice to be strong, healthy and inevitably happy.”

Esprit de She events offer enriching pre-race individual and group training programs and post-race lifestyle markets where participants can salute success with a drink at the signature Bubbly Bar and enjoy the open air Panasonic Beauty Bar Powered by LifeSpa among other exciting experiences.

The 2015 schedule opens with 13 events:

- Tempe, Ariz. Triathlon & Duathlon – May 3
- Katy, TX 5K/10K Run – May 7
- Lakeville, Minn. Duathlon – May 17
- Naperville, Ill. Triathlon – June 14
- Cary, N.C. 5K/10K Run – June 25
- Chicago, Ill. 5K/10K Run – July 23
- Edina, Minn. 5K Run – July 30
- Westminster, Colo. 5K/10K Run – Aug. 27
- Maple Grove, Minn. 5K/10K Run – Sept. 17
- Mesa, Ariz. 5K/10K Run – Oct. 1
- San Diego, Calif. Triathlon & Duathlon – Oct. 18

- Dallas, TX Duathlon – Oct. 25
- Atlanta, Ga. 5K/10K Run – Nov. 5

To RSVP for a 2015 Esprit de She event, visit www.espritdeshe.com, the official website of The Spirit of Her Race Series. Race to register before December 31 to receive a custom Moxie Cycling Colorblock Performance Training Tee (\$55 value) while sizes last. Esprit de She can be found on Twitter by following [@EspritdeShe](https://twitter.com/EspritdeShe) and on Facebook by liking the [Esprit de She 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. 11, 2014, the Company operated 113 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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