

December 4, 2014



Reindeer Games: Families Can Expect Flurry of Fun December 13 at Life Time Destinations

Life Time Fitness (NYSE: LTM):

WHAT & WHY: Looking for a flurry of fun for the entire family? You're invited to the first annual Reindeer Games event at more than 80 Life Time Fitness and Life Time Athletic destinations nationwide.

Reindeer Games is a fun, non-denominational holiday event with winter themed activities and crafts. Kids aged 3-12 will enjoy a whirlwind of activities:

- *Antler decorating: show your originality by decorating colorful reindeer antlers
- *Instant snow: just add water and you've got perfect, fluffy snow
- *Shrinky dinks: create colorful key chains and charms to share with friends and family
- *Snowball toss: keep warm with an indoors snow ball toss
- *Letters to Santa: write a letter of all the things you're hoping for this Christmas
- *Rock wall climbing: meet your friends at the wall and climb to the top of a snowy mountain
- *Who-Ville hairdos: get styled in your favorite "Who" hair
- *Penguin waddle races: waddle to the finish line like your favorite north pole bird
- *Gift stacking relay race: race the clock to stack gifts under the tree

WHEN & WHERE: Saturday, December 13 at more than 80 local Life Time Fitness and Life Time Athletic [destinations](#) nationwide. Times vary by club, please contact local destination for event specifics.

COST: *Free to Life Time Members
*Non-members welcome, please contact local destination for event specifics

STORY IDEAS: *Roundup of holiday family friendly events
*Free events in your area
*Healthy holiday ideas for kids

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Photos/Multimedia Gallery Available:

<http://www.businesswire.com/multimedia/home/20141204006306/en/>

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