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Get Indoors and Tri

Life Time to Host 81 Indoor Triathlons in 2013

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time hosts some of the best athletic events in the nation, so it's only fitting that Life Time – The Healthy Way of Life Company (NYSE: LTM) is bringing the outdoor triathlon inside with the nation's largest indoor triathlon series. Beginning this month, the Life Time 2013 Indoor Tri Series boasts 81 events spanning January through May, and picking back up September through November.

The Life Time Indoor Tri is a fun and challenging 60 minute workout performed inside select state-of-the-art Life Time Fitness destinations. Participants swim for 10 minutes in the lap pool, bike for 30 minutes on the spin bike and run for 20 minutes on the treadmill. Results are measured by distance covered during each event, differing from outdoor triathlons which measure time to complete preset distances.

The Life Time 2013 Indoor Tri Series welcomes all participants to get indoors and tri. Those new to the sport of triathlons will find the Indoor Tri fun, manageable for all levels and a great way to be introduced to the sport while experienced triathletes can use them as solid training opportunities and a chance to see their results improve. Life Time members can register for $25, while non-members can register for $30.

For the first time, local Special Olympics chapters in Minnesota and Illinois have signed on as the official charity partner of the Life Time Indoor Tri. Participants in those markets are encouraged to donate $50 or more to benefit their local Special Olympics program. In addition, Indoor Triathlons in Minnesota and Illinois will have Special Olympics athletes competing side-by-side Life Time members and their guests for the event.

"We're extremely excited to be partnering with Special Olympics in both Minnesota and Illinois for the Life Time Indoor Tri," says Barb Koch, Director, Life Time Foundation. "This partnership allows Life Time to continue to support Special Olympics' mission to provide sports training and athletic competition for children and adults with intellectual disabilities, giving them continuing opportunities to gain confidence through their achievements in Life Time Indoor Tri events."

For more information about the Life Time 2013 Indoor Tri Series, or to register for an indoor tri near you, visit www.indoortri.com.

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

January 23, 2013, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) 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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Source: Life Time Fitness, Inc.