

May 14, 2008



Life Time Fitness to Host Special Events and Fundraiser for ALS and Augie's Quest at Chanhassen Location

Life Time Fitness, Inc. (NYSE:LTM)

WHAT: Innovative Group Fitness Programs
Fundraiser for ALS and Augie's Quest

WHERE: Life Time Fitness Chanhassen
2902 Corporate Place
Chanhassen, MN

WHEN: Saturday, May 17 Beginning at 10:00 a.m.

Three Hours of Group Fitness Programming Highlight Event

Strike! Powered by Everlast (10:00 a.m.) - Join Life Time Fitness National Director of Group Fitness, Kimberly Spreen while she leads participants including world boxing champion and Minnesota native Anthony Bonsante, through a new kick-boxing workout that combines weighted glove, controlled weight-bearing movements and athletic drills. Bonsante will also be available for photos and autographs following the class.

Drums in Motion (11:00 a.m.) - Rob Glick, 2006 International Presenter of the Year by CanFit Pro and the 2005 Best Male Presenter by ECA will guide participants through an inspirational group fitness experience that uses drumming techniques combined with athletic and easy to follow movements that puts the fun back in your workout.

World Grooves/Yoga Fusion (12:00 p.m.) - Tonita Minarcik, Life Time Fitness Artistry Center in Chanhassen Group Fitness Department head will move and groove with the participants to music from around the world. Then let the stress melt away as you wrap things up with a fantastic Yoga-inspired cool-down and stretch.

All three classes will have renowned DJ, Roberto Costa, playing and directing the music.

LIFE TIME FITNESS TO RAISE MONEY FOR AUGIE'S QUEST

Augie's Quest -- Augie Nieto, a prominent leader in the nation's fitness industry for nearly three decades, received a diagnosis of amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease) in March 2005. Later that year, Augie and his wife, Lynne, created the Augie's Quest initiative in conjunction with the Muscular Dystrophy Association. In the first two years, Augie's Quest has raised over \$12 million for ALS research. Augie, 50, is approaching his role as co-chairperson of MDA's ALS division with the same ironclad will and determination that catapulted him to entrepreneurial heights in the fitness world.

Life Time Fitness Fundraiser - Life Time Fitness members and guests can make a donation

to Augie's Quest and ALS research during Saturday's events. Group Fitness Instructors will be accepting cash and check donations before and after classes. Donations can also be made at the Front Desk or the Activity Center Desk at the club.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events, and nutritional products. As of May 14 2008, Life Time Fitness operated 72 centers in 16 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and five preview locations in existing and new markets. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at www.lifetimefitness.com. LIFE TIME FITNESS, the LIFE TIME FITNESS logo, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Note to Editors, News Directors and Photo Departments: Media wishing to cover the event are asked to please contact Kent Wipf at kwipf@lifetimefitness.com or at 952-229-7211 for admittance to a club.

Source: Life Time Fitness, Inc.