

December 17, 2009



Beachwood Ohio Residents Invited to Kick Off New Year's Resolutions Right, Achieve Goals Once and for All With January 9 Opening of New Life Time Fitness Resort

VIP Preview and Community Celebration Set for January 7; State-of-the-Art Sports, Professional Fitness, Family Recreation and Entertainment Center Offers Unique Services and Amenities, Unmatched Value

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Residents of Beachwood, Ohio and surrounding communities in the Cleveland area need not fear the dreaded New Year's Resolution ever again! With the opening of its newest family-oriented sports and athletics, professional fitness, family recreation and entertainment destination, Life Time Fitness (NYSE:LTM) aims to help end the perennial failure of the New Year's Resolution via its unique, resort-like center, large team of trained fitness and nutrition professionals, and unparalleled membership value. The new center, located at 3850 Richmond Road, is set to open its doors for use on Saturday, January 9, 2010, at 6:00 a.m. This marks the opening of Life Time's first location in the Cleveland market and fourth in Ohio, joining locations in Deerfield Township, Dublin and Columbus.

Prior to the grand opening, Life Time will host a VIP Community Preview Celebration on Thursday, January 7, beginning at 7:00 p.m. Current Life Time members and area residents are invited to experience a sneak peek of the new center via tours and demonstrations of the distinctive, new family-oriented, healthy-way-of-life destination.

"As we look to the start of 2010, many individuals and families will once again reestablish resolutions to get active and get fit," said Jeff Zwiefel, Executive Vice President of Operations for Life Time Fitness. "With an eye toward helping people get their healthy-way-of-life journeys back on track and successfully achieving their goals, we are excited to bring our unique, family-oriented health and wellness destination to the Beachwood community. Unlike the typical health club, Life Time offers a facility that is more like a resort than a gym. Our comprehensive range of programs and services designed to meet the health, wellness, recreation and entertainment needs of the entire family is unmatched. And, with a focus on delivering mind-blowing value, our luxurious environment also comes with membership dues that rival much smaller facilities with far fewer services, amenities and staff. Simply put, Life Time exudes 'friendly' and 'inviting,' while providing the ultimate in personalized services in a relaxing and rejuvenating atmosphere."

Among the multitude of Life Time Fitness Beachwood amenities are more than 400 pieces of state-of-the-art cardiovascular and resistance equipment, multiple group exercise studios and a designated cycle studio with a full complement of member programs, a team of certified personal trainers and programming, a wide selection of adult and youth programs

and activities, an indoor rock climbing cavern, two full-size basketball courts, and dry saunas.

Yoga enthusiasts will enjoy LifePower Yoga. Complimentary with membership, this program offers a broad menu of traditional yoga classes, featuring a Signature Vinyasa series.

Families will appreciate Life Time's large, interactive child center, featuring an indoor playground, junior basketball court, computer lab, children's activity areas and a separate infant playroom. The facility also features incredible indoor and outdoor water parks with multiple pools. Dedicated family dressing rooms are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair, nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in healthy food and beverage services.

Life Time Athletic provides 24 hour access, complimentary towel and locker service, and an initial 15-day money-back guarantee with no long-term membership contracts.

For more information about Life Time Fitness Beachwood, please visit <http://lifetimefitness.mylt.com/community/club-locations/oh-cleveland/beachwood>.

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 December 17, 2009, Life Time Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Note to Editors:

Life Time Fitness Beachwood is located at 3850 Richmond Rd, Beachwood, OH 44122. The center's telephone number is 216-292-6844. Please contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com for all Life Time preview, interview, photography or video requests.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=6122807&lang=en>

Source: Life Time Fitness, Inc.