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# **Newest Life Time Fitness Sports, Recreation Fitness and Spa Destination for Families Coming to Lenexa, Kansas, March 6**

VIP Preview for Members and the Community Set for March 4

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Residents of Lenexa, Kansas and surrounding communities in the Kansas City area are invited to a special VIP preview event for Life Time Fitness Lenexa, the area's newest family-oriented sports, professional fitness, recreation and spa destination. Life Time Fitness (NYSE: LTM) offers a unique, resort-like destination, a large team of trained and certified fitness and nutrition professionals, and unparalleled membership value.

Located at 16851 West 90th Street in Lenexa, Kansas, this healthy-way-of-life resort will open its doors on Saturday, March 6, 2010, at 6:00 a.m. This opening marks Life Time's second location in the Kansas City market, joining Life Time Fitness Overland Park.

Prior to the official grand opening, Life Time will host a VIP preview event on Thursday, March 4, beginning at 7:00 p.m. Current Life Time members and area residents are invited to experience a sneak peek of the distinctive new facility. Tours and demonstrations will be held.

"With an eye toward helping people achieve success in 2010 and getting their health and fitness journey on track, we are excited to bring our unique, family-oriented health and wellness destination to the Lenexa community," said Jeff Zwiefel, Executive Vice President of Operations for Life Time Fitness. "Unlike the typical health club, Life Time delivers a destination that is far more a resort than a gym. Our comprehensive range of programs and services designed to meet the health, wellness, recreation, spa 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 Lenexa 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 Life Time's 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 and Salon 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 Fitness provides 24 hour access, complimentary towel and locker service, and an initial 14-day money-back guarantee with no long-term membership contracts.

For more information about Life Time Fitness Lenexa, please visit <http://lifetimefitness.mylt.com/community/club-locations/ks-kansas-city/lenexa>.

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 February 12, 2010, Life Time Fitness operated 85 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](http://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 Lenexa is located at 16851 West 90th Street, Lenexa, KS 66219. The center's telephone number is 913-888-2211. Please contact Kent Wipf at 952-229-7211 or [kwipf@lifetimefitness.com](mailto:kwipf@lifetimefitness.com) for all Life Time preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.