

February 26, 2010



Life Time Fitness to Transform Target Center Arena into World's Largest Cycle Event with Ride of a Lifetime

Up to 1,000 Cyclists to Make Guinness World Record(TM) Attempt on Sunday, March 7, 2010; Portion of Event Proceeds to Benefit Haiti Relief via Life Time Fitness Foundation

Life Time Fitness, Inc. (NYSE:LTM):

WHAT: In its 19-year history, Target Center has played host to thousands of events -from basketball, concerts and hockey, to arena football, rodeos, monster truck racing and more. On March 7, the arena will experience a first when it is transformed into the world's largest cycle studio and up to 1,000 Life Time Fitness members and guests attempt to earn their way into Guinness World Record history. The action-packed, "Ride of a Lifetime," will be led by Life Time Fitness Founder, Chairman and CEO, Bahram Akradi and several of Life Time's top Twin Cities cycle instructors. The event also will feature music spun by internationally renowned DJ, Roberto Costa, and a Guinness World Records agent will be on hand to certify the Ride of a Lifetime's place in history. A portion of the event's proceeds will be provided by the Life Time Fitness Foundation to organizations delivering much needed support for the ongoing recovery efforts in Haiti. (The current Guinness World Record for the largest static cycling class is 600, set by Life Time Fitness in Houston, Texas, on January 9, 2010.)

WHERE: Target Center - 600 First Ave. North. Minneapolis, Minnesota 55403

WHEN: Sunday, March 7, 2010, from 11:00 a.m. - 1:00 p.m.

REGISTER: Life Time Fitness members and guests may find additional information or register for the Ride of a Lifetime at mylt.com/rideofalifetime. All participants must wear a Life Time cycle club jersey, which is included in the \$49.95 registration fee. Participants who already own a Life Time cycle club jersey may register for \$10.00. A portion of the registration fee will benefit Haiti relief efforts.

Note to Editors: Please contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com for Ride of a Lifetime interviews, photography or video requests.

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 26, 2010, Life Time Fitness operated 86 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.

Source: Life Time Fitness, Inc.