

March 1, 2010



# Lenexa, Kansas Community Invited to Achieve Health and Fitness Goals

New Life Time Fitness Lenexa Family Sports, Health, Fitness, Recreation and Spa Resort to Open Saturday, March 6; VIP Preview Celebration Set for Thursday, March 4

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

WHAT: Far more than the typical "club" or "gym," which offers little more than a room with equipment, Life Time Fitness has set the bar high in quality and value and helping individuals assess their state of health, set personalized goals and objectives, and achieve success once and for all. With a wide range of healthy-way-of-life programs, trained and certified fitness and nutrition professionals and very large, world-class facilities, Life Time Fitness is the definitive destination for individuals and families seeking a healthy and active way of life.

WHERE: Life Time Fitness Lenexa. 16851 West 90th Street. Lenexa, Kansas 66219

Phone: 913-888-2211

WHEN: VIP Community Preview Celebration: Thursday, March 4, 2010 - 6:45 p.m. to 9:00 p.m.

(Life Time Fitness Lenexa will officially open for workouts Saturday, March 6, 2010, at 6:00 a.m.)

WHY: Current Life Time Fitness members and residents of Lenexa and surrounding communities are invited to experience tours of Life Time Fitness Lenexa. Demonstrations of Life Time's wide range of programs and services will be offered throughout the new resort.

## LIFE TIME FITNESS LENEXA HIGHLIGHTS:

- Large 110,000+ square foot center with 24-hour, seven-day access
- 400+ pieces of state-of-the-art cardio, resistance and free-weight training equipment
- Large team of certified personal trainers offering fitness and health assessment services, and individual and group training programs built on a heart rate training philosophy
- 100+ innovative group fitness classes offered weekly - from low-impact aqua programs to high-intensity aerobic classes - taught by certified instructors
- LifePower Yoga, offering the Signature Vinyasa series, fusion and other popular yoga disciplines free with membership
- Dedicated Pilates studios offering reformer and mat programming and instruction
- State-of-the-art cycle theater with large video screens offering energetic and entertaining programs

- Wide range of specialized member interest groups, including cycling, yoga, running, weight loss and more
- Team of registered dietitians and nutrition planning programs
- Exceptional kids programming including instructional camps, swimming lessons and fitness activities
- LifeCafe, offering healthy, natural food and beverage services
- LifeSpa, offering a comprehensive array of hair, nail and skin care services and therapeutic massage
- Large rock-climbing cavern and full-size basketball/volleyball courts
- Large child center offering a junior gymnasium, computer center, indoor and outdoor interactive play areas, and separate infant room
- Large indoor and outdoor aquatics centers featuring outdoor waterslides, zero-depth recreation pools, lap swimming pools, children's pools, whirlpools and an outdoor bistro

## 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 March 1, 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](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:

Please contact Kent Wipf at 952-229-7211 for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness