

March 17, 2010



Aspiring Fitness Professionals, Industry Veterans and Enthusiasts to Gather for Inspiration, Education and Fun

2010 EMPOWER! Events Hosted by Life Time Fitness Offer Innovative Approaches to Fitness Programming, Unique Experience and CECs

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Fitness professionals and enthusiasts alike have the opportunity to get motivated, celebrate the power of fitness, and learn from a team of the industry's top professionals at 2010 Empower! events hosted by Life Time Fitness (NYSE: LTM).

To be held in Arizona, Colorado, Minneapolis, Ohio and Texas, the multi-day events are designed to deliver motivating, high-energy fitness classes, educational seminars, hands-on workshops and demonstrations from top industry presenters, including Julz Arney, Fabio Comana, Rob Glick, Len Kravitz, Keli Roberts, and Kimberly Spreen, National Director of Group Fitness for Life Time Fitness.

EMPOWER! session topics, workshops and lectures range from cycling and strength training to yoga and weight loss. The weekend will include an EMPOWER! fitness expo offering apparel and fitness related items.

Ideal for fitness professionals seeking innovative, new ideas and continuing education credits, and fitness enthusiasts interested in experiencing a workout with the world's best instructors, EMPOWER! event dates include:

- Life Time Fitness Scottsdale (Arizona) - March 26-28
- Premier Life Time Athletic Club (Dallas, Texas) - May 7-9
- Life Time Fitness Columbus (Ohio) - June 25-27
- Life Time Fitness Parker (Denver, Colorado) - July 16-18
- Life Time Fitness St. Louis Park (Minnesota) - September 24-26.

Registration information and additional EMPOWER! details are available at: empowerfitnesssevents.com. A portion of registration fees will benefit the Life Time Fitness Foundation, a non-profit organization that supports the health and well-being of children and families, with particular emphasis on helping young people maximize their potential.

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 services, 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 17, 2010, Life Time Fitness operated 87 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