

April 18, 2012



Life Time Celebrates 100th Grand Opening May 2

Life Time Athletic Atlanta marks fifth Healthy Way of Life destination in Georgia; Open for workouts May 4

Life Time Fitness (NYSE: LTM):

What: May 4 marks the first day of operations at [Life Time Athletic Atlanta](#), which represents [Life Time Fitness, Inc.'s](#) (NYSE: LTM) fifth Healthy Way of Life destination based in Atlanta and 100th opening nationally. Far more than a roomful of equipment at the typical club or gym, Life Time has created an entirely new Healthy Way of Life industry designed to engage members in their areas of interest while helping them to set and achieve their total health objectives, athletic aspirations and fitness goals complemented by an incredible array of sports and athletics, family recreation and entertainment, professional fitness and spa services, programs and certified experts.

When: VIP Celebration: Wednesday, May 2, 2012
6:00 – 9:00 p.m.: VIP celebration
6:00 p.m.: Ribbon cutting ceremony
Life Time will officially open for members Friday, May 4, at 4:00 a.m.

Where: [Life Time Athletic Atlanta](#)
5580 Roswell Road
Sandy Springs, GA 30342
404-257-0900

Why: Demonstrations of Life Time's programs and services will be offered during this special event.

For media interested in on-site tours, please contact KJ Leinberger at 952-229-7162 or kleinberger@lifetimefitness.com. To learn more about Life Time Athletic Atlanta, 'like' us on Facebook at <https://www.facebook.com/lifetimeathleticatlanta>.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest — or discovering new passions — both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company's healthy way of life approach enables customers to achieve this by providing the best programs, people and places of exceptional quality and value. As of April 12, 2012, the Company operated 98 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC^(SM) brands in the United States and Canada. Life Time also operated six additional acquired facilities, which are in transition to become Life Time centers. Experience Life Time on the web at lifetimefitness.com and [facebook.com/lifetimefitness](https://www.facebook.com/lifetimefitness). Learn more about the Life Time Foundation and the Company's work in the community at ltffoundation.org.

Life Time Fitness, Inc.

Karen Jayne Leinberger, 952-229-7162

kleinberger@lifetimefitness.com

Source: Life Time Fitness, Inc.