

May 10, 2012



# Grand Reopening Weekend Set for Newly Remodeled Life Time Fitness Matthews Center May 12-13

*Special events to highlight renovations and programming, feature giveaways*

Life Time Fitness (NYSE:LTM):

**What:** Life Time – The Healthy Way of Life Company (NYSE: LTM) will host a special grand reopening weekend celebration at its newly remodeled health and fitness center in Matthews May 12-13. Formerly a Lifestyle Family Fitness club, Life Time Fitness Matthews has undergone a remodeling effort designed to bring the facility to Life Time standards of quality and member experience. In addition, the center now makes it easier for members to reach their goals by offering distinct, innovative programs that help connect them to their passions.

Grand opening to feature tours and demonstrations that highlight Life Time's state-of-the-art amenities—including complimentary towel service, new, state-of-the-art equipment, programming and services:

- Life Time Weight Loss' Why Can't I Lose Weight seminar
- Speed Fitness Sampler Circuit, showcasing several 10-minute mini fitness offerings
- Signature Group Fitness programming, including Zumba
- Exclusive LifePower Yoga Mixer offering
- Group runs and rides with Life Time Run and Life Time Cycle
- LifeLab Cardio Point demonstrations
- Giveaways, including a Motorola MOTOACTV heart rate monitor, Life Time Run and Cycle gear and three months free of T.E.A.M. Weight Loss

In celebration of the grand opening, consumers may establish a new membership with special offers May 12-13, 2012.

To learn more about Life Time Fitness Matthews, visit <http://clubs.lifetimefitness.com/Matthews/62768/>.

**When:** Saturday, May 12, 2012 – Sunday, May 13, 2012  
8:00 a.m. – 8:00 p.m.: Grand reopening celebration

**Where:** Life Time Fitness Matthews  
9915 East Independence Blvd.  
Matthews, NC 28105  
704-814-0440

**Note to editors, news directors and photo departments:**Media seeking access to the club prior to the event or with special requests should contact KJ Leinberger at 952-229-7162 or [kleinberger@lifetimefitness.com](mailto:kleinberger@lifetimefitness.com).

## **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 uncompromising quality and value. As of

May 7, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](http://lifetimefitness.com).

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Source: Life Time Fitness, Inc.