

May 29, 2007



# **Life Time Fitness Set to Open Omaha, Nebraska Location on Wednesday, June 13**

## **VIP Preview Event Set for June 12; New Center to Deliver Comprehensive Family Recreation, Sports, Professional Exercise and Spa Amenities and Services**

EDEN PRAIRIE, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE:LTM), a national operator of distinctive and large health and fitness centers, today announced that the Grand Opening for its newest sports and athletic, professional fitness, family recreation and resort/spa center, in Omaha, Nebraska will take place Wednesday, June 13, 2007. Life Time Fitness Omaha will officially open for workouts at 5:00 a.m. that morning.

The Company will also host a special VIP preview celebration and ribbon cutting ceremony on Tuesday, June 12, 2007, beginning at 6:45 p.m. At the event, thousands of new and current Life Time Fitness members and area residents are invited to tour the new health and fitness resort and experience program demonstrations and activities.

Life Time Fitness Omaha will offer comprehensive health, family recreation, sports and spa facilities that deliver comprehensive exercise programs, certified specialists and hundreds of pieces of state-of-the-art equipment.

Life Time Fitness officials commented on what will be the Company's first location in Nebraska. "Each of our centers is uniquely designed with the member experience in mind," said Mike Brown, senior vice president, Operations, Life Time Fitness. "Our Omaha resort offers a full complement of programs and services to meet the health and fitness needs of the entire family while creating an incredible experience each and every time they visit."

Life Time Fitness Omaha amenities include, multiple group exercise and cycle studios with free and fee-based classes, a team of certified personal trainers and programming, a wide selection of adult and youth programs and activities, rock climbing walls, two full-size basketball courts, authentic yoga and Pilates studios, and dry saunas. The center also offers large indoor and outdoor aquatics centers, featuring multiple, two-story waterslides, two large, zero-depth recreation pools, a lap pool and children's interactive play area, two whirlpools and an outdoor bistro.

Families will appreciate Life Time Fitness' amazing child center, featuring a play maze, separate infant playroom, basketball court, a computer lab, and numerous other children's activities. Dedicated family locker rooms also are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair, nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in quick-service nutritional food and beverage services.

Finally, Life Time Fitness provides free towels and lockers, a 30-day money-back guarantee, and requires no long-term contracts.

For more information about Life Time Fitness Omaha, please visit [lifetimefitness.com/omaha](http://lifetimefitness.com/omaha).

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large sports and athletic, professional fitness, family recreation and resort/spa centers. As of May 29, 2007 the Company operates 62 centers in 14 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operates two satellite facilities and five preview locations in existing and new markets. Additionally, Life Time Fitness 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 and supplements. Life Time Fitness is headquartered in Eden Prairie, Minnesota ([www.lifetimefitness.com](http://www.lifetimefitness.com)). LIFE TIME FITNESS, the LIFE TIME FITNESS logo, and EXPERIENCE LIFE are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Note To Editors:

Life Time Fitness Omaha is located at 17007 Elm Plaza, Omaha, NE 68130

The center's telephone number is 402-334-3000.

Please contact Kent Wipf at 952-229-7211 or [kwipf@lifetimefitness.com](mailto:kwipf@lifetimefitness.com) for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.