

June 29, 2007



# **New Life Time Fitness Center in Deerfield Township, Ohio to Host VIP Preview Celebration on Friday July 6, 2007**

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

**WHAT:** VIP Preview Celebration on Friday July 6, 2007, beginning at 6:45 p.m., for the new Life Time Fitness Sports and Athletic, Professional Fitness, Family Recreation and Resort / Spa Center in Deerfield Township, OH - the Company's first center in the Cincinnati area and the third in Ohio.

**WHERE:** Life Time Fitness Deerfield Township: 8310 Wilkens Boulevard, Mason, OH 45040  
Phone number: 513-234-0660

**WHEN:** Friday, July 6, 2007, 6:45 p.m. to 9:00 p.m.

**WHY:** The VIP Preview Celebration will feature a special ribbon-cutting ceremony with Life Time Fitness executives, Deerfield Township officials and Life Time Fitness Deerfield Township employees along with demonstrations and tours of the new, state-of-the-art health and fitness complex.

**Life Time Fitness brings an unequalled set of features and amenities to Deerfield Township and the surrounding communities, including:**

- Large 127,000+ square foot center with 24-hour, seven-day access
- State-of-the-art equipment, including more than 400 pieces of cardio, resistance and free-weight training equipment
- Multiple rock-climbing walls
- Two full-size basketball courts
- Indoor turf area for soccer, flag football and other activities
- Multiple squash and racquetball courts
- Large child center -- Amenities include a junior gymnasium, play maze, computer center, outdoor play area and separate infant play area
- Designated cycling theater with multiple video screens
- Large indoor and outdoor aquatics centers featuring waterslides, two zero-depth recreation pools, a lap pool, children's pools and an outdoor bistro

- Multiple group fitness studios with a wide range of free programming for members
- Team of certified personal trainers and services for all fitness levels and ages
- Dry saunas, steam rooms and whirlpools
- LifeCafe, offering nutritional food and beverage services
- LifeSpa, offering a comprehensive array of hair, nail and skin care services and therapeutic massage

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 June 29, 2007, the Company operates 64 centers in 15 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operates one satellite facility and four 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:

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

Source: Life Time Fitness