

July 10, 2007



# LIFE TIME FITNESS PRO MEETING

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

WHAT: Life Time Fitness Triathlon Professional Athletes' Meeting

WHERE: Minneapolis Life Time Athletic Club  
615 Second Ave. South  
Minneapolis, MN 55402  
Phone: 612-752-7000  
Directions to the MLTAC:  
<http://www.mltac.com/website/club/index.cfm?strWebAction=directions>

WHEN: Thursday, July 12, 2007  
3:30 p.m. - 4:30 p.m. CDT

WHY: The mandatory meeting provides the perfect opportunity to meet and interview the world's top triathletes as they prepare for the 2007 Life Time Fitness triathlon on Saturday, July 14. During the meeting, officials will present event rules and competitors will draw their starting positions for the swim portion of the event. This year, the men and women pros will compete for a share of the \$250,000 Minneapolis cash purse and nearly \$1.5 million for the entire Life Time Fitness Triathlon Series, which runs through October.

The Life Time Fitness Triathlon Series kicks off with the July 14 event in Minneapolis and concludes with the Toyota U.S. Open Triathlon Series Championship set for October 14 in Dallas. Other Life Time Fitness Triathlon Series events include the Nautica New York City Triathlon (July 22), the Accenture Chicago Triathlon (August 26) and the Kaiser Permanente Los Angeles Triathlon (September 9).

Media may conduct interviews with the competitors prior to and/or immediately following the Pro meeting.

## Life Time Fitness Triathlon Series

In groundbreaking fashion, the Life Time Fitness Triathlon Series launched in 2006 and created the first-ever connection among the four most prominent Olympic-distance triathlon events in the United States. The Life Time Fitness Triathlon ([lfttriathlon.com](http://lfttriathlon.com)), held in Minneapolis, is produced by Life Time Fitness, Inc. The Accenture Chicago Triathlon ([chicagotriathlon.com](http://chicagotriathlon.com)) is produced by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon ([LATriathlon.com](http://LATriathlon.com)) is produced by Pacific Sports LLC. The Nautica New York City Triathlon ([nyctri.com](http://nyctri.com)) is produced by Korff Enterprises. For more information, visit the respective event Web sites. In 2007, the Life Time Fitness Triathlon Series was expanded to include a new Championship event, the Toyota U.S. Open Triathlon Dallas. Overall, the Life Time Fitness Triathlon Series offers nearly \$1.5 million in prize purse.

## 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 July 10, 2007 the Company operates 65 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 a 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.

Source: Life Time Fitness, Inc.