

July 19, 2007



2007 Life Time Fitness Kids Triathlon

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

WHAT: The 2007 Life Time Fitness Kids Triathlon for individuals and relay teams

WHERE: The Life Time Fitness Kids Triathlon will take place at Life Time Fitness Plymouth at 3600 Plymouth Boulevard Plymouth, MN 55446 (phone 763-509-0909). The center's indoor lap pool will be used for the swim. The bike and run will take place along the Plymouth Creek Park paths adjacent to the Plymouth facility.

WHEN: Sunday, July 22, 2007
8:30 A.M.

DISTANCES:	Junior Class (ages 7-10)	Senior Class (ages 11-14)
	50 yard swim	100 yard swim
	2.5 mile bike ride	5 mile bike ride
	.5 mile run	1 mile run

OVERVIEW: The Life Time Fitness Kids Triathlon challenges kids in a three-event race for the fastest combined time. Kids will be racing individually or as part of a three-person relay team against others in their own age group. Over 300 kids are expected to participate. All participants will receive a 2007 Life Time Fitness Kids Triathlon t-shirt and all finishers will receive a medal. In addition, the top three individuals in each gender and class will be recognized. Place is based upon combined time for each event via chip timing.

For additional information about the Life Time Fitness Kids Triathlon, please visit www.lifetimefitness.com.

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 19, 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). 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.

