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Emma Snowsill and Greg Bennett Lead Life Time Fitness Triathlon Series Points Race after Three Events

Bennett Continues Pursuit of \$300,000 "Series Super Bonus"

MINNEAPOLIS--(BUSINESS WIRE)--

Life Time Fitness (NYSE:LTM) today announced that Emma Snowsill (AUS) and Greg Bennett (AUS) are leading the Life Time Fitness Triathlon Series Points Race. Snowsill and Bennett won their professional divisions at the Accenture Chicago Triathlon on Sunday, August 26. The Chicago event represented the third of five races that make up the Life Time Fitness Triathlon Series. The remaining events include the 2007 Kaiser Permanente Los Angeles Triathlon on September 9, and the 2007 Series Championship - the Toyota U.S. Open Triathlon in Dallas on October 14.

Following a second-place finish in the first race of the 2007 Series in Minneapolis (July 14), Snowsill topped the women's field in the New York race on July 22 and in Sunday's race in Chicago. Bennett has now won the first three races in the 2007 Life Time Fitness Triathlon Series and continues his pursuit of the Super Bonus of \$300,000 which is awarded to an athlete who wins all five races in the Series.

Next Race in Series: Los Angeles

The 2007 Life Time Fitness Triathlon Series now moves on to the Kaiser Permanente Los Angeles Triathlon on September 9. New to the Series in 2007 is a point system for the female and male professional divisions. Based upon professional athlete starts and finishes at each of the Series events, points will be awarded and used to determine the top three female and male athletes who will be eligible for the Series Bonus, which is awarded to the top athlete(s) who exceed 39,000 points in the season's five races. Athletes must start each of the Series races to be eligible for any awards. Overall, the Series offers nearly \$1.5 million in cash prizes.

2007 LIFE TIME FITNESS TRIATHLON SERIES POINT LEADERS

Women	Points	Men	Points
1. Emma Snowsill (AUS)	29,000	1. Greg Bennett (AUS)	35,000

The 2007 Series schedule is as follows:

- Event 1: Life Time Fitness Triathlon (Minneapolis)
- July 14
- Event 2: Nautica New York City Triathlon - July 22
- Event 3: Accenture Chicago Triathlon - August 26

- Event 4: Kaiser Permanente Los Angeles Triathlon
 - September 9
- 2007 Series Championship: Toyota U.S. Open Triathlon (Dallas)
 - October 14

About the 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 (lftftriathlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Accenture Chicago Triathlon (chicagotriathlon.com) is produced by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (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 August 29, 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