

January 21, 2008



Life Time Fitness and Jimmie Tyler Brashear Elementary School Launch Student and Staff Fitness Challenge

Students to Make Healthy Lifestyle Commitments by Signing 'Wall of Fitness'; Life Time Fitness Foundation to Provide \$5,000 Donation

Life Time Fitness (NYSE:LTM):

WHAT: Life Time Fitness - Jimmie Tyler Brashear Elementary School
Fitness Challenge

WHERE: Jimmie Tyler Brashear Elementary School
2959 Hampton Road, Dallas, TX 75224 - Telephone: 972-502-2600

WHEN: January 25, 2008 - 2:00 p.m. - 3:00 p.m.

WHY: Life Time Fitness (NYSE:LTM) and Dallas, Texas-based Jimmie Tyler Brashear Elementary School will announce a partnership designed to promote healthy habits among school students and staff.

On January 25, 2008, school officials, along with Brashear Elementary third through sixth graders and Life Time Fitness staff will present the school with a \$5,000 donation from the Life Time Fitness Foundation in support of the program and officially launch the initiative with more than 400 students signing a "Wall of Fitness" poster, indicating their intent to participate in the fitness challenge and adopt healthy lifestyle habits.

School staff, along with a Life Time Fitness personal trainer and registered dietician will deliver education and programming in the areas of exercise and nutrition during two six-week program sessions, the first of which will involve third and fourth graders and the second will involve fifth and sixth graders.

Students and staff will participate in STEPS - a program designed to promote cardiovascular health - with a goal of completing 3,000 steps per school day and 90,000 steps over each six-week period. Once completed, students will have traveled approximately 32 miles - roughly equal to the distance traveled by a professional triathlete at Life Time Fitness' annual Toyota U.S. Open Triathlon Series championship held in Dallas (October 2008). Additionally, courtesy of SPRI products (<http://www.spriproducts.com/>), students are being provided with a pedometer to track their individual step activity.

Through coursework, students also will learn:

- The importance and benefits of regular exercise, measuring the results of exercise and the value of overall health.
- The differences between healthy and unhealthy foods, including

the importance of reducing the consumption of unhealthy sugars in their diet.

Participants will receive a fitness assessment before and after each six-week session, including a measurement of agility, cardio / stamina, muscle endurance, and body composition. Students will track both sugar intake and physical activity through each six-week session.

At the completion of both six-week sessions, program participants will be honored at the Brashear Elementary Annual "Life Time Fitness Day." Medals will be presented to students in recognition of their program participation and commitments to lead healthy lifestyles.

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 January 21, 2008 the Company operated 71 centers in 16 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and three preview locations in existing and new markets.

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).

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Source: Life Time Fitness, Inc.