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## **Exclusive Life Time Athletic Club to Open in Rockville, Maryland**

**Unique, New Facility to Deliver Finest in Luxurious Amenities, Professional Fitness Services and Programming, and Full-Service Day Spa; Limited Memberships Available**

CHANHASSEN, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE: LTM) today announced plans to open one of its exclusive and luxurious Life Time Athletic clubs in Rockville, Maryland, in Fall 2008.

In keeping with the rich arrangements and personalized services found at Life Time Athletic clubs, the new 67,000 square foot Rockville facility will offer a richly appointed, full-service day spa offering the latest in massage and relaxation therapy, and a comprehensive range of body, hair, nail and skin care services. Additionally, Rockville Life Time Athletic will provide the finest in cardiovascular and resistance machines, beautifully appointed Pilates and yoga salons with unlimited, complimentary yoga, dedicated group fitness and cycle studios, and relaxing whirlpools. A staff of certified personal trainers and nutrition coaches will serve members with personalized assessments and fitness and nutrition programs designed to help them achieve and maintain healthy and active lifestyles.

Luxurious dressing rooms adorned with cherry wood lockers and stone and granite features will provide the utmost in comfort and convenience. Furthermore, a chef-driven LifeCafe will feature an all-natural menu with an abundance of organic, no-preservative and free-range offerings. Pre-prepared selections, including fresh, organic fruit and granola items will be available, along with made-to-order items prepared by a specialty chef. The club also will feature a child center with interactive play areas and a computer center.

Stone sculpture accents round out the center's exquisite finishes and ambiance.

"Our Rockville Life Time Athletic club will uniquely combine the ultimate in spa and salon services, professional fitness and nutrition programming, with the rich finishes and exclusivity of our Life Time Athletic environment," said Mike Gerend, President and Chief Operating Officer, Life Time Fitness. "Because we limit the number of available memberships at each Life Time Athletic club, members are provided an added level of personalized services and member benefits in an environment that inspires relaxation and rejuvenation."

Individuals may visit the site of the new Rockville Life Time Athletic center at 1151 Seven Locks Road in Rockville (20854) to learn more about special, limited-time Charter Membership opportunities. More information also is available by calling 240-314-7022.

Additional information is available online at

[www.lifetimefitness.com/rockville](http://www.lifetimefitness.com/rockville).

#### About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also 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. As of April 25, 2008, Life Time Fitness 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 five preview locations in existing and new markets. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at [www.lifetimefitness.com](http://www.lifetimefitness.com). LIFE TIME FITNESS, the LIFE TIME FITNESS logo, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

#### Note to Editors:

Contact Kent Wipf at 952-229-7211 or [kwipf@lifetimefitness.com](mailto:kwipf@lifetimefitness.com) with all Life Time Fitness and Life Time Athletic club preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.