

November 18, 2009



Life Time Fitness to Unveil Newly Remodeled and Expanded Highland Park Center on Friday, November 20

Open-to-the-Community Event to Showcase Grand Opening Ceremony, Tours and Demonstrations of State-of-the-Art Center

WHAT: Life Time Fitness Highland Park Grand Opening Celebration

WHEN: Friday, November 20, 2009

7:15 p.m. - Grand Opening Ceremony with Local Officials

7:30 p.m. to 9:00 p.m. - Facility Tours and Program Demonstrations

WHERE: Life Time Fitness Highland Park. 2145 Ford Parkway in St. Paul. Phone: 651-698-5000

WHY: Life Time Fitness has just concluded a \$1+ million renovation and 15,000 square foot expansion of its Highland Park center, including:

- New cycle, yoga and Pilates studios.

- New advanced training area.

- New women's and men's locker rooms.

- New, expanded child activity center.

Special demonstrations include:

- Innovative Metabolic Testing.

- Invigorating Cycle 60 class in new cycle theater.

- Kickboxing, Pilates and Yoga classes in new, dedicated studios.

Members and guests also will have the opportunity to win a range of prizes.

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 services, 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 November 18, 2009, Life Time

Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.