

December 30, 2009



Media Advisory: Life Time Fitness Beachwood to Host VIP Celebration on January 7

WHAT: VIP Celebration on January 7, 2010, beginning at 6:45 p.m. for the new Life Time Fitness Beachwood location.

WHERE: Life Time Fitness Beachwood

3850 Richmond Rd

Beachwood, OH 44122

Phone number: 901-853-9393

WHEN: Thursday, January 7, 2010, 6:45 p.m. to 9:00 p.m.

WHY: The VIP Preview Celebration will feature a special ribbon-cutting along with demonstrations and tours of the new, state-of-the-art health and fitness complex.

Life Time Fitness Beachwood brings an unequalled set of features and amenities to the community, including:

- Large 110,000+ square foot center with 24-hour, seven-day access
- State-of-the-art equipment, including more than 400 pieces of cardio, resistance and free-weight training equipment
- Rock-climbing walls
- Two full-size basketball courts
- Four racquetball courts
- Large child center -- Amenities include a junior gymnasium, play maze, computer center, indoor and outdoor play areas and separate infant play area
- Designated cycling theater with multiple video screens
- Large indoor and outdoor aquatics centers featuring waterslides, zero-depth recreation pools, a lap pool, children's pools and an outdoor bistro
- Multiple group fitness studios with a wide range of free programming for members
- Team of certified Personal Trainers and services for all fitness levels and ages
- Dry saunas, steam rooms and whirlpools

- LifeCafe, offering nutritional food and beverage services
- LifeSpa, offering a comprehensive array of hair, nail and skin care services and therapeutic massage

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 December 30, 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.

Note To Editors:

Please contact Kent Wipf at 952-229-7211 for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.