

January 4, 2010



# **Houston's CityCentre Life Time Athletic Hosts "Ride of a Life Time" and Guinness Record Attempt on Saturday, January 9, 2010**

Life Time Fitness, Inc. (NYSE:LTM):

**WHAT:** CityCentre Life Time Athletic will host up to 600 people in CityCentre's central plaza in an attempt to break the world record for the largest cycling class which is currently 450 cyclists set in October, 2009 in Ireland.

**WHERE:** CityCentre Life Time Athletic

815 Town & Country Lane

Houston, TX 75024

**WHEN:** Saturday, January 9 from 1:00 p.m. - 3:00 p.m.

The energetic and action-packed class, which will include up to 600 people in CITYCENTRE's central plaza, will be lead by Life Time Fitness Founder, CEO and President Bahram Akradi. Music will be spun by internationally renowned DJ, Roberto Costa, Life Time's director of music.

For more information about the event or for advance sign up, please visit CityCentre Life Time Athletic or call 713-464-1200.

In addition to an exhilarating cycle class, "Ride of a Life Time" participants and spectators are invited to take in complimentary mini massages at Life Time Athletic's LifeSpa and Salon cabana, enjoy food and drink specials at CITYCENTRE restaurants throughout the day and celebrate at a post cycle class party at Hotel Sorella's Monnalisa lounge.

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 January 4, 2010, 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

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Source: Life Time Fitness, Inc.