

June 3, 2010



Life Time Fitness to Host Inauguaral Gran Fondo Cycling Series Event

Unique Ride to Incorporate "Races within a Ride"

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

WHAT: Life Time Fitness members and general public are invited to participate in the inaugural Life Time Gran Fondocycling event. Open to recreational and competitive cyclists alike, Gran Fondo (or "Big Ride") events have become increasingly popular in Europe and beyond for their long-distance, mass-participation ride - versus race - format.

The unique, 100k (62.1 mile) Life Time Fitness ride will cover a beautiful, yet challenging course on the country roads through Mound, Orono, Watertown and Delano. It features three 'Races within a Ride' at designated points on the course in which age group winners will be crowned in the three categories: King and Queen of the Mountain, Time Trial and Sprints.

Additionally, the event will offer two refueling stations along the route and a festive, post-event BBQ at the finish area for all participants.

WHERE: Gran Fondo Start/Finish - 4600 Kings Point Road Minnetrista, MN 55331

WHEN: Saturday, June 12th

Packet pick up: 5:00 a.m. - 5:45 a.m.

Ride start: 6:00 a.m.

ENTRY: Life Time Members - \$35.00 / General Public - \$45.00

MORE INFO /

REGISTER: www.ltgranfondo.com

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) is a healthy way of life company based in Chanhassen, Minnesota. The Company is dedicated to providing programs and services that help its members connect and engage with their areas of interest, and achieve success with their health and fitness goals. Life Time Fitness designs and operates distinctive, multi-use sports, professional fitness, family recreation and spa/resort centers that help members lead healthy and active lives. As of June 3, 2010, the Company operated 87 centers in 19 states and 24

markets. Additional information about Life Time Fitness centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness, Inc.