

July 12, 2011



LifePower Yoga to Launch Innovative, New Yoga Teacher Training; Renowned Yoga Master, Jonny Kest, Joins Life Time as National Director of Yoga

Led by Kest, LifePower Yoga Teacher Training to deliver unique yoga practice and certification opportunity for new and current instructors alike

CHANHASSEN, Minn.--(BUSINESS WIRE)-- [Life Time Fitness, Inc.](#) (NYSE:LTM), the Healthy Way of Life Company, today announced that it will launch an innovative, new LifePower Yoga Teacher Training program in September with a focus on the practices of vinyasa and vinyasa flow yoga.

Designed to help participants further develop their personal yoga practice and gain the skills necessary to competently teach others, the 200-hour, 11-week LifePower certification prepares graduates to meet national Yoga Alliance requirements. Through instruction and practice, attendees will explore the history and philosophy of yoga, while learning critical teaching concepts and fundamental techniques.

A truly unique opportunity, acclaimed yoga master, Jonny Kest, the newly-appointed National Director of Yoga for Life Time, will personally lead the inaugural session of LifePower Yoga Teacher Training, which takes place Friday, September 9, through Sunday, October 2, at the Minneapolis Life Time Athletic Club. Additionally, Kest will lend his expertise and influence to LifePower's established portfolio of yoga offerings.

A student of ashtanga yoga and meditation for more than 22 years, Kest's training includes comprehensive instruction with yoga and meditation teachers in India. He founded Michigan's Jonny Kest Center for Yoga and the Midwest Yoga Conference, and helped to establish one of the largest yoga communities in the Midwest. Kest's teaching style is designed to be both therapeutic and challenging, inviting participants to "get out of their own way" and allow one's healing powers to inspire their practice.

"Jonny is a widely regarded visionary who has helped literally thousands of people change their lives through the practice of yoga while inspiring students to become teachers of the practice around the world," said Abdi Javidan, senior director, LifePower Yoga at Life Time. "Jonny's compassionate and disciplined teaching style is a tremendous complement to our LifePower Yoga vision as we continue to grow one of the largest yoga training offerings in the nation."

"I'm looking forward to sharing my expertise as part of the LifePower Yoga team, and am thrilled to be joining Life Time at such an important point in the growth of the company's yoga practice," said Kest. "Together, we will bridge the gap for yogis of all levels who want to make time for their practice while at the same time helping to lead others through their

journey of self transformation."

LifePower Yoga studios are located both within and outside of Life Time's destinations nationwide. For more information about LifePower or the Yoga Teacher Training, please visit www.lifepoweryoga.com/jonnykest.

About Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health and fitness goals by engaging in their areas of interest - or discovering new passions - both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. As of July 12, 2011, the Company operated 92 centers under the LIFE TIME FITNESS^(R) and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness, Inc.