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## Life Time Fitness Expands to Ontario Canada

- *Unique, family-oriented Life Time Athletic Mississauga (Greater Toronto Area) boasts 143,000 square feet and is set to open in March 2012*
- *Healthy Way of Life destination to provide certified experts, wide array of programs that connect members to their areas of passion, while helping them achieve their total health objectives, athletic aspirations and fitness goals*
- *Preview center now open for more information, including exclusive Mississauga Founder's Membership opportunities*

MISSISSAUGA, Ont.--(BUSINESS WIRE)-- [Life Time Fitness, Inc.](#) (NYSE:LTM), the Healthy Way of Life Company, today announced the planned March 2012 opening of its newest destination in Mississauga, Ontario, marking the Company's first location in Canada.

The massive, 143,000 square foot [Life Time Athletic Mississauga](#) boasts a comprehensive array of sports and athletics, family recreation and entertainment, professional fitness and spa programs and services designed to engage members in their areas of interest while helping them to set and achieve their total health objectives, athletic aspirations and fitness goals. Located at 3105 Unity Drive #22 (telephone: 905-363-0200), a preview center, offering consumers more information and special membership opportunities, now is open.

In addition to 24-hour access to more than 400 pieces of state-of-the-art cardiovascular and resistance training equipment, multiple dedicated group exercise, pilates, cycle, and [LifePower Yoga](#) studios, Life Time Athletic Mississauga's team of certified personal trainers, nutrition coaches, group fitness instructors and services team helps members establish personalized goals and objectives, and guide them to success.

For companies looking for effective ways to reduce escalating health care costs while supporting measurable change with their employees, Life Time Mississauga also will offer [myHealthCheck](#), a comprehensive health assessment that identifies risk factors, promotes ongoing guidance with wellness coaches and a 12-month reassessment to measure progress against the plan.

"We are excited to bring our unique, family-oriented Healthy Way of Life destination to the Mississauga community," said Jeff Zwiefel, executive vice president, Operations. "In stark contrast to the typical "health club" or "gym," which typically is no more than a room of equipment, Life Time delivers the experts, programs and services that connect and engage members in the areas that interest them most, while introducing them to new passions. In doing so, we help each individual define a personal path to a healthy and active lifestyle, and provide them with comprehensive tools and support to reach their goals."

Life Time Athletic Mississauga also will feature large indoor and outdoor aquatics centers complete with two-story outdoor waterslides, large, zero-depth entry recreation pools, lap

pools and children's interactive play areas, two whirlpools and an outdoor bistro.

Furthermore, members can take advantage of [LifeSpa and Salon](#), which delivers a full range of hair, nail and skin care services and therapeutic massage, and [LifeCafe](#), which offers the best in healthy food and beverage services.

Families will appreciate the facility's large, interactive child center, featuring a computer center, junior basketball/sport court, children's activity areas and a separate infant playroom. Dedicated family dressing rooms also will be available.

Life Time provides complimentary towel and locker service, and an initial 14-day money-back guarantee with no long-term membership contracts.

### **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 October 4, the Company operated 92 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC<sup>SM</sup> brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](http://lifetimefitness.com).

Life Time Fitness

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