

May 15, 2012



Life Time Expands Popular Kids Tri Series

2012 schedule includes events in 11 cities and nine states

CHANHASSEN, Minn.--(BUSINESS WIRE)-- According to USA Triathlon, kids of ages 7 to 17 now make up 25 percent of all triathletes in the country. As the sport of triathlon continues to gain momentum, [Life Time – The Healthy Way of Life Company](#) (NYSE: LTM), has expanded its 2012 [Life Time Kids Tri](#) Series schedule to address the rapidly growing demand. The family-friendly swim-bike-and-run events, which encourage youth athletes of ages 7 - 14 to get active and participate includes the following planned events:

- June 9: [Winona, Minn.](#)
- June 10: [Omaha, Neb.](#)
- June 16: [Loudoun County, Va.](#)
- July 15: [Plymouth, Minn.](#)
- July 29: [Westminster, Colo.](#)
- Aug. 4: [Rochester Hills, Mich.](#)
- Aug. 25: [Chicago, Ill.](#)
- Aug. 26: [Alpharetta, Ga.](#)
- Aug. 26: [Overland Park, Kan.](#)
- Sept. 16: [Warrenville, Ill.](#)
- Oct. 7: [San Antonio, TX](#)

“The Life Time Kids Tri is a great way to promote fitness and boost your child’s self-confidence,” said Debbie Hale, National Kids Tri Manager. “It’s also a good way to introduce kids to healthy way of life activities that can be practiced for a lifetime.”

Life Time Kids Tri events offer two age brackets designed to challenge participants:

- Junior distance: For kids of ages 7 to 10, the junior distance includes a 50-yard/meter swim (depending on pool length), a 2.5-mile bike and a 0.5-mile run.
- Senior distance: For kids of ages 11 to 14, the senior distance features a 100-yard/meter swim (depending on pool length), a five-mile bike and one-mile run.

All triathletes will receive a race T-shirt, swim cap, race number and finisher medal. For details

about race locations, time or regulations, please visit www.ltkidstri.com.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The Company’s Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of

May 15, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness

Erica Dao, 952-229-7805

edao@lifetimefitness.com

Source: Life Time Fitness