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# Alabama's First Healthy Way of Life Destination Nears Completion, Hosts February 23 Open House

*Anticipation builds for mid-April opening of Life Time Fitness Vestavia Hills creating more than 380 new jobs and a new way for residents to live a healthy life*

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Anticipation is building as [Life Time – The Healthy Way of Life Company](#)<sup>sm</sup> (NYSE:[LTM](#)) nears completion on its first resort-like sports, professional fitness, family recreation and spa destination in Alabama. On February 23, Life Time Vestavia Hills will host an open house and meet and greet from 10:00 a.m. to 3:00 p.m. at its Preview Center located at 4851 Cahaba River Road to introduce all Life Time has to offer to the community.

The new 105,000-square-foot facility will open in mid-April and boast a comprehensive array of programs and services that allow members to engage in their areas of passion—from personal training, weight loss and nutrition, to tennis, running, cycling, swimming and basketball, to yoga, Zumba and Pilates—and help them achieve success with their total health objectives, athletic aspirations and fitness goals. Additionally, Life Time Vestavia Hills will feature the company's first outdoor Alpha Tower—a two-story workout station designed to increase strength, power, speed, endurance, agility, coordination and balance.

“The excitement is definitely building in and around Vestavia Hills as we approach the opening of our first Life Time location in Alabama,” says Jeff Zwiefel, executive vice president and chief of operations. “Our General Manager, Sam Remus, and his team live and work in the community and are committed to exceeding all expectations of Vestavia Hills residents. We’re confident we’ve got the best programs and the best people in place to deliver a unique, healthy way of life destination for individuals, families and organizations. We can’t wait to open our doors and showcase all that we have to offer the Vestavia community.”

More than 380 new positions will be added prior to the club's opening. In recent weeks, Ellis Ferreira, a University of Alabama All-American and two-time Grand Slam Tennis Pro, has joined Life Time to lead the club's preeminent tennis program. A special meet and greet with Ferreira is set for March 7 from 4:30 to 7:00 p.m. for guests to learn more about all of Life Time's tennis offerings, from individual lessons to group leagues and tournaments.

Highlights of the new Life Time Fitness Vestavia Hills include:

- Dedicated group exercise, cycle, Pilates and LifePower Yoga studios
- 400 pieces of best-in-class cardiovascular and resistance training equipment
- Indoor and outdoor aquatics center featuring zero depth entries and outdoor water slides

- 10 outdoor clay and surface tennis courts and two full-sized indoor basketball courts
- [LifeSpa](#), offering full-service hair, nail and skin care services and therapeutic massage
- [LifeCafe](#), serving healthy food and beverages free of trans fats, bleached flours, and artificial flavors, colors, preservatives and sweeteners
- Interactive child center featuring a computer center, children's activity areas and separate infant playroom, as well as special programming for kids including summer camps. Members receive two hours of childcare per day with paid junior dues
- No membership contracts, Complimentary towel and locker service, and an initial 14-day money-back guarantee

The Life Time Vestavia Hills Preview Center, located at 4851 Cahaba River Road in Vestavia Hills, is open to the public seven days a week to provide the community with more information, and special membership and pre-registration opportunities. Life Time Vestavia Hills will be located at 3051 Healthy Way, Vestavia Hills (intersection of Blue Lake Road and Cahaba River Road). For more information, call 205-547-3100 or visit [lifetimefitness.com/Vestavia-hills](http://lifetimefitness.com/Vestavia-hills).

#### **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 February 18, 2013, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC<sup>sm</sup> brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](http://lifetimefitness.com).

Life Time Fitness  
Natalie Bushaw, 952-229-7007  
[nbushaw@lifetimefitness.com](mailto:nbushaw@lifetimefitness.com)

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