

October 9, 2014



Life Time Athletic Raleigh Preview Center Set to Open October 16

First quarter 2015 completion expected for luxury Healthy Way of Life destination that delivers personalized approach to health

RALEIGH, N.C. & CHANHASSEN, Minn.--(BUSINESS WIRE)-- Raleigh residents will have the opportunity to learn more about the city's newest healthy way of life destination—Life Time Athletic Raleigh—when its Preview Center opens Thursday, October 16. Located at 8517 Falls of Neuse Road, the Life Time Athletic Raleigh Preview Center will provide a comprehensive sneak preview of the new 108,000-square-foot resort-like destination and its amenities.

Exclusive Founder's Members opportunities will be available for a limited time, which includes discounted joining fees, exclusive gear, a complimentary health assessment, a special invitation to the grand opening event and early access to the club before its official opening to all members. Customary with all new Life Time destination openings, a [Wait List](#) has been established for priority appointments for those interested in being the first to join the new location.

Set for opening in first quarter 2015, the two-story Life Time Athletic Raleigh destination will offer members a uniquely integrated and personalized approach to health and wellness. A comprehensive array of assessments, programs and services will provide members with the tools they need to understand their individual health, and engage in their areas of passion as they work to achieve success with their total health objectives, athletic aspirations and fitness goals.

Highlights of the new Life Time Athletic Raleigh include:

- Indoor and outdoor aquatics centers with zero-depth-entry pools and a lap pool
- 400 pieces of best-in-class cardiovascular and resistance training equipment
- Indoor cycling and dedicated group fitness studios
- Pilates and LifePower Yoga studios
- Two full-sized indoor basketball courts
- Half-mile outdoor running and biking trail and six outdoor fitness training areas
- Life Time Kids Academy, a membership program designed especially for kids from three months to 11 years, and led by certified experts committed to childhood development
- [LifeCafe](#), serving healthy food and beverages free of trans fats, bleached flours and artificial flavors, colors, preservatives and sweeteners

- LifeSpa, a full-service, lavish spa providing state-of-the-art treatments: the latest in massage and relaxation therapy, and a comprehensive range of body, hair, nail and skin care services
- Complimentary towel and locker service, and an initial 14-day money-back guarantee

When construction is completed, Life Time Athletic Raleigh will be the first of Life Time's Triangle locations to be built from the ground up since 2007 when the Life Time Fitness Cary site opened. Life Time Fitness also operates fitness centers in Apex, and in Raleigh at Six Forks Road and Plantation Point, all of which the company acquired in 2011.

The Life Time Athletic Preview Center will be open am to 8 pm Monday through Friday, 9 am to 6 pm on Saturday and 10 am to 5 pm on Sunday. For more information on Life Time Athletic Raleigh, call 919.582.7000 visit lifetimeathletic.com/raleigh or facebook.com/lifetimeathleticraleigh.

About Life Time Fitness, Inc.

As The Healthy Way of Life CompanySM, 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 members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of October 9, 2014, the Company operates 112 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness, Inc.

Natalie Bushaw, 952-229-7007

nbushaw@lifetimefitness.com

or

Agnes Stevens, 919-417-0858

astevens@rlfcommunications.com

Source: Life Time Fitness, Inc.