

July 9, 2009



Select Minneapolis/St. Paul Streets and Intersections Temporarily Closed on Saturday, July 11, 2009 for 2009 Life Time Fitness Triathlon

Life Time Fitness, Inc. (NYSE: LTM):

WHAT: Life Time Fitness Triathlon Course Street and Intersection Closures

WHERE: The following roads and parkways will be affected:

-- All of Nokomis Parkway (including Cedar Ave between Minnehaha Parkway and West Lake Nokomis Parkway)

-- All of Minnehaha Parkway

-- Godfrey Road, up West River Road across Franklin to East Mississippi River Blvd (St. Paul side)

under Ford Parkway up and around turning left, (west) onto Ford Parkway to 46th Ave S, right onto

Minnehaha Parkway

--Godfrey Road continuing west to Lake Harriet Parkway Upper Road, around Lake Harriet (on Lake

Harriet Parkway) and return to Lake Nokomis on Minnehaha Parkway

WHEN: Saturday, July 11 - 6:30 a.m. to 12:30 p.m.

WHY: The 2009 Life Time Fitness Triathlon will host more than 3,000 amateur triathletes and 35 professionals from 44 states and 8 countries. For more information about Life Time Fitness or the Life Time Fitness Triathlon, visit www.lifetimefitness.com.

2009 Life Time Fitness Triathlon Sponsors

Life Time Fitness is proud to recognize the 2009 Life Time Fitness Triathlon sponsors:

- Hormel Natural Choice Products
- Toyota
- Edge Infused
- TYR Sport
- Triathlete Magazine
- Active.com
- MGD 64
- Dr. Pepper Snapple Group

- All-Sport
- Colgate Palmolive Company
- Twin Cities Orthopedic
- Avis Rent A Car
- Budget Rent A Car
- Faegre & Benson LLP
- RE/MAX
- Gear West Bike and Triathlon
- Mt. Borah
- MBT The Anti-Shoe
- Globe University/Minnesota School of Business
- University of Phoenix
- Clif Bar
- Cub Foods
- America's TPA
- Erin Baker's Baked Goods

About the Life Time Fitness Triathlon Series

The Life Time Fitness Triathlon Series was launched in 2006 and created the first-ever connection among four of the most prominent triathlon events in the United States. The Life Time Fitness Triathlon (lftfriathlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Chicago Triathlon (chicagotriathlon.com) is produced by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (nyctri.com) is produced by Korff Enterprises. In 2007, the Life Time Fitness Triathlon Series was expanded to include a Championship event, the Toyota U.S. Open Triathlon Dallas. In 2008, the Series announced the Race to the Toyota Cup to award the top female and male triathletes in each of three separate divisions: Professional, Elite Amateur and Age Group at the Toyota U.S. Open Triathlon in Dallas. In total, the 2009 Life Time Fitness Triathlon Series offers \$390,000 in cash prizes for the Professional Division.

2009 Life Time Fitness Triathlon Series Event Timeline

- Life Time Fitness Triathlon (Minneapolis) - July 11
- Nautica New York City Triathlon - July 26
- Chicago Triathlon - August 30
- Kaiser Permanente Los Angeles Triathlon - October 4
- Toyota U.S. Open Triathlon (Dallas) Championship Event - October 11

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The Company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events and nutritional products. As of July 9, 2009, Life Time Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.