

August 22, 2008



Pro Field Set for 2008 Accenture Chicago Triathlon on August 24

Pro Athletes Continue Pursuit of 2008 Life Time Fitness Triathlon Series Race To the Toyota Cup Title

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

WHO: 50+ of the professional triathletes are scheduled to compete in the third race of the Life Time Fitness Triathlon Series Race to the Toyota Cup including:

- Liz Blatchford (AUS) - Current leader in the 2008 Life Time Fitness Series Race to the Toyota Cup, 2008 Nautica New York City Triathlon Champion
- Becky Lavelle (USA) - Currently second in the 2008 Life Time Fitness Series Race to the Toyota Cup, 2008 Life Time Fitness Triathlon third place
- Jodie Swallow (GBR) - Currently third in the 2008 Life Time Fitness Series Race to the Toyota Cup, 2008 Nautica New York City Triathlon Third place
- Craig Alexander (AUS) - Two-time Accenture Chicago Triathlon Champion
- Greg Bennett (AUS) - Current leader in the 2008 Life Time Fitness Series Race to the Toyota Cup, 2008 Nautica New York City Triathlon Champion, 2007 Accenture Chicago Triathlon Champion
- Andy Potts (USA) - Currently second in the 2008 Life Time Fitness Series Race to the Toyota Cup, 2008 Life Time Fitness Triathlon second place

WHAT: Accenture Chicago Triathlon - Third event of five in the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup for \$1.44 million purse

WHERE: Swim Start
Chicago's Downtown Lakefront
Monroe Street Harbor off of Lake Shore Drive

WHEN: Sunday, August 24, 2008
6:00 A.M. (CDT)

WHY: Life Time Fitness, Inc. (NYSE: LTM), a national operator of distinctive and large health and fitness centers today announced that professional triathlete Greg Bennett (AUS) will return to Chicago to defend his title at the 2008 Accenture Chicago Triathlon, the third race in the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup. Bennett enters the event following a first place finish in last month's Nautica New York City Triathlon and a third place finish at the Life Time Fitness Triathlon in Minneapolis, the first two races in the 2008 Series.

In Chicago, the pro field will be racing for a portion of the

\$65,000 professional prize purse with the winner in both the female and male division taking home \$10,000. In addition to the cash prizes, the winners in the women's and men's division will each earn 10,000 points in the Life Time Fitness Triathlon Series points race.

About the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup

The Life Time Fitness Triathlon Series was launched in 2006 and created the first-ever connection among four of the most prominent Olympic-distance triathlon events in the United States. The Life Time Fitness Triathlon (lft.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Accenture 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.

Overall, the 2008 Life Time Fitness Triathlon Series offers a \$1.44 million purse for the Professional Division.

Life Time Fitness Triathlon Series Timeline:

- Life Time Fitness Triathlon (Minneapolis) - July 12
- Nautica New York City Triathlon - July 20
- Accenture Chicago Triathlon - August 24
- Kaiser Permanente Los Angeles Triathlon - September 7
- Toyota U.S. Open Triathlon (Dallas) - October 5

2008 LIFE TIME FITNESS TRIATHLON SERIES RACE TO THE TOYOTA

CUP POINTS STANDINGS

MEN	Pro Triathlete	2008 Triathlon Series Points
1.	Greg Bennett (AUS)	15,700
2.	Andy Potts (USA)	12,800
3.	Stuart Hayes (GBR)	9,900
4t.	Brent McMahon (CAN)	5,150
4t.	Paul Tichelaar (CAN)	5,150

WOMEN

Pro Triathlete	2008 Triathlon Series Points
1. Liz Blatchford (GBR)	12,550
2. Becky Lavelle (USA)	11,700
3. Jodie Swallow (GBR)	5,900
4. Mary Beth Ellis (USA)	5,150
5. Rebeccah Wassner (USA)	4,850

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 August 22, 2008, Life Time Fitness operated 74 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, 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, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.