

October 5, 2011



Get a Jump Start on Halloween Festivities with ‘Spooktacular’ at Life Time Fitness

Ghosts and goblins of all ages will shriek with delight during the creepy-crawly, fun-filled event

CHANHASSEN, Minn.--(BUSINESS WIRE)-- There’s no reason the spookiest night of the year should only be celebrated on October 31. Make the most out of those ghost and witch costumes with Spooktacular, a creepy-crawly, fun-filled event for children courtesy of Life Time Fitness (NYSE:LTM), the Healthy Way of Life Company.

On Saturday, October 29, Life Time destinations will transform their basketball courts into hair-raising masquerades fit for kids of all ages. A wide array of ghoulish games, contests and more will be available to relish including:

- **Bobbing for worms:** Forget the apples! What could be better than bobbing for ooey, gooey worms?
- **Haystack Races:** It’s a race against the clock for a sweet reward.
- **Pumpkin bowling:** It’s bowling with a twist! Kids will use pumpkins as bowling balls in this spook-tastic game.
- **Pumpkin painting:** Kids will put their artistic skills to use and paint their own pumpkins.
- **Witches brew:** Slimey toads, spider webs and rotten eggs? Who knows what’s stewing in that witches brew? Kids can find out and win a prize, but only if they dare.

Not all events are available at every Life Time destination. For details on dates, locations and times, visit www.lifetimefitness.com/clubs or your destination’s Activity Desk.

About Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company’s healthy way of life approach enables its customers to achieve their health 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. As of October 5, the Company operated 92 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness, Inc.

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