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Life Time Fitness Establishes New Guinness World Record(TM) Set for Largest Static Cycling Class

Life Time Fitness Chairman, President and CEO, Bahram Akradi, Led 1,052 Cycling Enthusiasts at 'Ride of a Lifetime' Event

MINNEAPOLIS--(BUSINESS WIRE)-- Minneapolis' Target Center Arena was transformed into the world's largest cycling class today with the "Ride of a Lifetime." Hosted by Life Time Fitness (NYSE:LTM), the event was officially certified as a new Guinness World Record(TM) by Guinness Official, Kimberly Partrick, who attended the event and made the live post-event proclamation.

The two-hour, high-energy Ride of a Lifetime was led by Life Time Fitness Chairman, President and CEO, Bahram Akradi, and top Life Time cycle instructors. Riders also were treated to music spun live by internationally renowned DJ, Roberto Costa. In total, 1,052 Life Time members and guests participated in the Ride and secured their place in history.

The event topped the previous record of 600 cyclists, which also was set by Life Time on January 9, 2010, in Houston, Texas. Prior to that, the record had been 450 cyclists, set on September 18, 2009, in Galway, Ireland.

Note to editors: For additional photos of the Ride of a Lifetime and Guinness World Record achievement, visit the Life Time Fitness newsroom at http://news.lifetimefitness.com/.

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 March 7, 2010, Life Time Fitness operated 87 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.

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