

April 9, 2013



First Healthy Way of Life Destination in Alabama to Open with Life Time Fitness Vestavia Hills Saturday, April 13

Grand Opening VIP Event Set for April 11 with Public Opening at 4:00 a.m. April 13

Life Time Fitness (NYSE: LTM):

WHAT: Far more than a typical health club or gym that offers little more than a room full of equipment, [Life Time Fitness](#) (NYSE: LTM) is bringing its newest healthy way of life destination to Vestavia Hills, Alabama. The 105,000-square-foot facility will provide the community with an unparalleled experience and comprehensive programs that help people connect to their areas of interest and support the health and fitness goals of each of its members.

Life Time Fitness [Vestavia Hills](#) features indoor and outdoor pools, outdoor tennis courts, the company's first 2-story outdoor Alpha training tower, cutting-edge fitness equipment as well as an array of other sports and athletic offerings. In addition, Life Time features nationally renowned [group fitness](#) instructors and [personal trainers](#), unique [kids](#) programming and Safe Play for kids, a [full-service spa](#), a [café](#) and more.

WHEN: Thursday, April 11

Grand Opening/VIP Event

6:00 p.m. Ribbon cutting ceremony

6:00 – 9:00 p.m. VIP Celebration. Demonstrations of Life Time's programs and services will be offered during this special event.

Saturday, April 13

4:00 a.m. Public Opening

* Broadcast, print and online media are welcome to cover any or all events.

WHERE: Life Time Fitness Vestavia Hills
4651 Caldwell Mill Road
Vestavia Hills, AL 35243

VISUALS/INTERVIEWS:

Visuals include final touches on the facility, visuals of the swimming pools, tennis courts, Kids programming areas, the 2-story Alpha training tower and more. Interviews can be arranged with General Manager Sam Remus as well as Life Time executives (based on availability).

*** MEDIA NOTE: To arrange for a sneak peek tour of Life Time Vestavia Hills or for additional information, please contact Natalie Bushaw at 952.229.7007 (office) or 612.812.0955 (cell) or by email at nbushaw@lifetimefitness.com.**

Life Time Fitness
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Source: Life Time Fitness