

March 4, 2015



Life Time – The Healthy Way of Life Company Announces March 10 Opening of Life Time Athletic Raleigh

Grand opening celebration and ribbon cutting set for March 5; New destination to deliver members a holistic approach to personalized health

RALEIGH, N.C. and CHANHASSEN, Minn.--(BUSINESS WIRE)-- Advancing its commitment to improve the health of communities, [Life Time – The Healthy Way of Life Company](#)sm (NYSE:[LTM](#)) announced the Tuesday, March 10 opening of its newest destination, Life Time Athletic Raleigh, located at 8515 Falls of Neuse Road. A grand opening ribbon cutting and preview celebration for Founder's Members and the media is set for 6:00 p.m. on Thursday, March 5.

"Raleigh is regularly recognized nationally as one of the healthiest cities and a great place for raising families – characteristics that align well with our Life Time mission of delivering an experience of uncompromising quality to meet the health and fitness needs of the entire family," said Jeff Zwiefel, Life Time chief operating officer. "We are thrilled to open our doors and deliver an incredible array of boutique-style, interest-driven programs that help our members and their families achieve their health and fitness objectives of success, all while participating in activities that fit with their areas of passion."

Unlike a typical gym or boutique, the new two-story, 108,000-square-foot destination offers a health and fitness experience unlike any other by taking a unique and integrated approach to health. Beginning with offerings such as a proprietary myHealthScore[®] assessment and other tests, members can learn how they respond to food and exercise, along with other key health indicators. Members are then provided with personalized nutrition and exercise programs-supported with coaching-designed to address their individual needs and goals. From there, Life Time's team of experts help members achieve and sustain their healthy and active lives through a comprehensive portfolio of programs, services and events.

Raleigh area residents will be well-served at Life Time Athletic Raleigh with best-in-class instructors and certified fitness professionals in group fitness, Edge cycle, Pilates and yoga studios; a variety of personal and group training programs from weight loss to boot camp as well as Life Time's unique Alpha Training program; and hundreds of innovative cardiovascular and resistance machines. In addition, members will have access to the resort-like indoor and outdoor aquatic center, complete with lap pools, whirlpools and waterslides; two full-size indoor basketball courts for recreation play and Ultimate Hoops[™] basketball leagues and training programs; and a first-of-its-kind Outdoor Fit Circuit with a half-mile loop for biking and running, along with six fitness stations, turf space and stairs.

To address the needs of families-and the interests of its littlest members-Life Time Athletic Raleigh is the first local destination to offer Life Time Kids Academy, a unique membership

program designed especially for kids from three months to 11 years. Led by certified experts committed to childhood development, Life Time Kids Academy is focused on helping children develop a passion for living a healthy, active life, and provides a full spectrum of enriching and engaging activities with more than 65 weekly classes in the areas of Mind and Body, Arts and Culture, Fitness and Agility, and Life Skills. Specially designed rooms create unique spaces for classes like karate, yoga, music, Spanish immersion, arts and crafts, tumbling and sports skills, providing parents with one convenient location for many of their children's activities.

The LifeSpa™ at Life Time Athletic Raleigh is open to members and non-members and is a full-service, lavish salon and day spa, providing state-of-the-art treatments, the latest in massage and relaxation therapy, and a comprehensive range of body, hair, nail and skin care services. Non-members who book a service receive access to Life Time on the day of their appointment and up to two hours for their children in the Life Time Kids Academy.

LifeCafe®, located within Life Time Athletic, is an on-site, full-service, chef-driven restaurant and operates under a unique "If it's here, it's healthy" philosophy. Life Time has made a commitment to its millions of members and the public, promising clean and wholesome eating at all of its LifeCafe locations. The menu features fresh and healthy food items – free of trans fats, bleached flours, and artificial flavors, colors, preservatives and sweeteners.

Life Time Athletic Raleigh marks the company's fifth location in the Raleigh area, the company's 114th Life Time destination, and the first of six planned openings in 2015. Hours of operation are 4:00 a.m. to midnight, seven days a week with complimentary towel and locker service, an initial 14-day money-back guarantee and no long-term contracts. For more information on Life Time Athletic Raleigh, call 919.582.7000 or visit lifetimeathletic.com/raleigh or facebook.com/lifetimeathleticraleigh.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of March 4, 2015, the Company operates 113 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness, Inc.

Natalie Bushaw 952-229-7007

nbushaw@lifetimefitness.com

or

A.K. Brinson, 336-830-9265

akbrinson@rlfcommunications.com

Source: Life Time Fitness, Inc.

