

<https://stage.mediaroom.com/lifetimefitness/2008-04-16-life-time-fitness-resort-set-to-open-in-johns-creek-georgia-on-saturday-may-10?forPDF=1>

Life Time Fitness Resort Set To Open In Johns Creek, Georgia, On Saturday May 10

VIP Preview Celebration to Occur Thursday May 8; Official Grand Opening of Company's Third Georgia Location Set for May 10

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM) today announced that the Grand Opening of its newest sports and athletic, professional fitness, family recreation and resort-spa center in Johns Creek, Georgia, will occur Saturday, May 10, 2008, at 6:00 a.m. This is the Company's third location in the Atlanta area, joining Alpharetta and Sugarloaf. A fourth location is planned later this year in Mountain Brook.

Life Time Fitness members, area residents and special guests are invited to take part in a VIP preview celebration and ribbon cutting ceremony on Thursday, May 8, 2008, beginning at 6:45 p.m. The event will offer tours of the distinctive, large new facility and feature opportunities to experience program demonstrations and activities.

In keeping with the Company's commitment to help members achieve and lead a healthy and active way of life, Life Time Fitness' Johns Creek center will offer a comprehensive array of family sports and recreation, health and fitness and resort-spa amenities, programming and services, supported by a team of certified fitness and nutrition specialists.

Life Time Fitness officials commented on its latest opening in Atlanta. "We are proud to become a part of the Johns Creek community and to serve consumers with this incredible facility and associated healthy-way-of-life, spa and recreational programs and services which are enveloped in a luxurious, resort-like environment," said Mike Gerend, President and Chief Operating Officer, Life Time Fitness. "We aim to address the health and fitness needs of the entire family, while delivering unprecedented experiences and value, making Life Time Fitness the ultimate destination for individuals and families seeking a healthy, active lives."

Among the multitude of Life Time Fitness Johns Creek amenities are over 400 pieces of state-of-the-art cardiovascular and resistance equipment, multiple group exercise, Pilates and yoga studios with free and fee-based programs, a cycle theatre, team of certified personal trainers and programming, wide selection of adult and youth programs and activities, indoor rock climbing cavern, two full-size basketball courts, and dry saunas. The facility also features large indoor and outdoor aquatics centers, complete with two-story waterslides, large, zero-depth recreation pools, lap pools and children's interactive play areas, two whirlpools and an outdoor bistro.

Families will appreciate Life Time Fitness' large, interactive child center, featuring a play maze, junior basketball court, computer lab, children's activity areas, and a separate infant playroom. Dedicated family locker rooms also are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair, nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in healthy food and beverage services.

Life Time Fitness provides 24 hour access, complimentary towel and locker service and an initial 30-day money-back guarantee with no long-term membership contracts.

For more information about Life Time Fitness Johns Creek, please visit www.lifetimefitness.com/johns-creek.

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 April 16, 2008, Life Time Fitness operated 71 centers in 16 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and five preview locations in existing and new markets. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at www.lifetimefitness.com. LIFE TIME FITNESS, the LIFE TIME FITNESS logo, 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.

Note To Editors:

Life Time Fitness Johns Creek is located at 11555 Johns Creek Parkway, Johns Creek, GA 30097. The center's telephone number is 770-495-7800. Please contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com for all Life Time Fitness preview, interview, photography or video requests.

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For further information: Life Time Fitness, Inc. Kent Wipf, 952-229-7211 kwipf@lifetimefitness.com or Jason Thunstrom, 952-229-7435 pr@lifetimefitness.com
