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Life Time Fitness To Host Grand Opening Events At Newly Renovated Bloomington South And Crosstown Centers

Once Among Nation's Elite Fitness Clubs, Locations Returned to Premier, Resort-Like Condition; Free, Open-to-the-Community Memorial Day Weekend Events to Showcase New Clubs, Programming; Special Charitable Donation to be made in Honor of Each Grand Opening; Absolutely No Joiners Fees for New Memberships Established May 23-26

(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE:LTM):

WHEN: **Bloomington South** (formerly 98th Street): May 23, 7:00 p.m.-9:00 p.m.
Crosstown: May 24, 7:00 p.m.-9:00 p.m.

WHERE: Bloomington South: 1001 W. 98th Street, Bloomington, 952-830-7900
Crosstown: 6233 Baker Road, Eden Prairie, 952-943-4600

WHAT: Life Time Fitness will host special Grand Opening celebrations and ribbon cutting ceremonies at two of its newly remodeled health and fitness resorts in the Twin Cities. Once nationally renowned fitness clubs, Bloomington South and Crosstown returned to resort-like status via extensive, multi-million dollar remodeling effort.

Special events include public tours and demonstrations that highlight state-of-the-art amenities, equipment and programming. Additionally, the Life Time Fitness Foundation will present donations to St. Paul Urban Tennis at the Bloomington South event and Athletes Committed to Educating Students (A.C.E.S.) at the Crosstown event. Local pro team mascots to take part in St. Paul Urban Tennis and A.C.E.S. activities, and participate in 'Mascot T.E.A.M. Weight Loss' events.

Special events at both Grand Openings include:

- Innovative T.E.A.M. Weight Loss and T.E.A.M. Fitness programming
- Cycle 60 demonstration in dedicated cycle theater
- Strike!, powered by Everlast, a new program that combines traditional kickboxing with resistance and strength drills

Special events and demonstrations at **Bloomington South** (Friday, May 23) include:

- Cardio Tennis with former Wimbledon mixed doubles champion, **John Austin**
- Quick Start Tennis with athletes from St. Paul Urban Tennis
- Ultimate Open House offers **free club access May 24-25**
- Consumers may establish a new membership with absolutely **no joining fees May 23-26**

Special appearances and demonstrations at Crosstown (Saturday, May 24) include:

- Basketball demonstration featuring **Minnesota Lynx** players and ACES athletes
- Ultimate Open House offers **free club access May 25-26**
- Consumers may establish a new membership with absolutely **no joining fees May 23-26**

Note to Editors, News Directors and Photo Departments Media seeking access to the club prior to the event or with special requests should contact Kent Wipf at kwipf@lifetimefitness.com or at 952-229-7211.

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 May 20, 2008, Life Time Fitness operated 72 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 lifetimefitness.com. LIFE TIME FITNESS, 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.

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