

Exclusive Life Time Athletic Club To Open Within Houston's Upscale CityCentre Town And Country Development

Unique, New Life Time Athletic Center to Deliver Finest in Luxurious Amenities, Professional Fitness Services and Programming, and Full-Service Day Spa; Limited Memberships Available

CHANHASSEN, Minn.--(BUSINESS WIRE)--CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM) today announced plans to open one of its exclusive and luxurious Life Time Athletic centers within the 37-acre CityCentre Town and Country development in Summer 2008. Located in the west Houston/Memorial area (Interstate 10 and Beltway 8), the new, 140,000 square foot Life Time Athletic club will be complemented by CityCenter's unique blend of upscale retail shops, fine dining, state-of-the-art offices, and distinct metropolitan homes set in a pedestrian-oriented environment. CityCenter Life Time Athletic also marks the opening of the Company's first three-story prototype development nationally and its fourth location in Houston.

The new CityCentre facility will offer more than 400 pieces of the finest cardiovascular and resistance machines, beautifully appointed Pilates and yoga salons, dedicated group fitness and cycle studios, indoor and outdoor pools, relaxing whirlpools, and multiple gymnasiums and squash courts. Additionally, CityCentre Life Time Athletic will provide a richly appointed, full-service day spa offering the latest in massage and relaxation therapy, and a comprehensive range of body, hair, nail and skin care services. With personalized service and value in mind, a staff of certified personal trainers and nutrition coaches will provide members with fitness and nutrition assessments and programs designed to help them achieve and maintain healthy and active lifestyles.

Luxurious dressing rooms adorned with cherry wood lockers and stone and granite features will provide the utmost in comfort and convenience. Furthermore, a chef-driven LifeCafe will feature a menu with an abundance of all-natural, organic, no-preservative and free-range offerings. Pre-prepared selections, including fresh, organic fruit and granola items will be available, along with made-to-order items prepared by the specialty chef.

CityCenter Life Time Athletic also will feature a child center with interactive play areas, computer center and junior gymnasium.

"Simply put, our CityCenter facility will deliver the absolute best in professional fitness, nutrition, spa and salon services and programs," said Mike Gerend, President and Chief Operating Officer, Life Time Fitness. "In keeping with the heightened level of personalized attention and programming we deliver at each Life Time Athletic center, CityCentre members will experience a rejuvenating and relaxing environment that is second to none, complimented by the ultimate in health and wellness services and member benefits."

Individuals may visit the site of the new CityCentre Life Time Athletic center at 12888 1/2 Queensbury Lane, Houston, TX 77024 to learn more about special, limited-time Charter Membership opportunities. More information also is available by calling 713-464-1200.

Additional information is available online at <http://www.lifetimefitness.com/city-centre>.

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 22, 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.

Note to Editors:

Contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com with all Life Time Fitness and Life Time Athletic club preview, interview, photography or video requests.

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