

Olympians To Descend Upon Twin Cities For 2008 Life Time Fitness Triathlon On July 12

More than 40 Pros, Including 11 Olympians, to Vie for Share of Event's \$250k Purse and Overall \$1.45 Million Purse Offered by 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM), today announced that more than 40 professional triathletes, 11 of whom have qualified for the 2008 Olympic Games in Beijing, will battle for the \$250,000 prize purse at the 2008 Life Time Fitness Triathlon on July 12 in Minneapolis. The event also marks the start of the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup, which offers a \$1.45 million purse. Olympian **Greg Bennett** (AUS) will return to defend his 2007 championship title at what is one of America's most prominent Olympic-distance endurance competitions, set on a beautiful urban course that spans Minneapolis and St. Paul. The professional women's field includes Olympian **Emma Snowsill**(AUS) who defends her 2006 and 2007 Life Time Fitness Triathlon Series titles. Some of the other top professionals joining Bennett and Snowsill are:

- Laura Bennett (USA) – 2008 Olympian
- Bevan Docherty (NZL) – 2008 Olympian
- Lauren Groves (CAN) – 2008 Olympian
- Sarah Haskins (USA) – 2008 Olympian, 2007 US Open Triathlon Champion
- Hunter Kemper (USA) – 2008 Olympian, 2006 Life Time Fitness Triathlon Champion
- Becky Lavelle (USA) – Minnesota native and 2005 Accenture Chicago Triathlon winner
- Matt Reed (USA) – 2008 Olympian
- Shane Reed (NZL) – 2008 Olympian
- David Thompson (USA) – Minnesota native and 2008 Philadelphia Triathlon Champion
- Samantha Warriner (NZL) – 2008 Olympian
- Simon Whitfield (CAN) – 2008 Olympian, Runner-up 2005 Life Time Fitness

The female and male division winners will each take home \$60,000. The remaining top nine female and male finishers each will claim a portion of the remaining cash purse. In addition to cash prizes, the top finishers will also earn 15,000 points toward their pursuit of the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup.

The Life Time Fitness Triathlon begins and ends at Minneapolis' Lake Nokomis. The bike course runs along the Mississippi river and around Lake Harriet before returning to the Lake Nokomis transition area. The event concludes with a race to the finish around Lake Nokomis for one of the sport's top prize purses to the cheers of spectators numbering in the thousands.

2008 Life Time Fitness Triathlon Series Race to the Toyota Cup Event Timeline

- Life Time Fitness Triathlon (Minneapolis) – July 12
- Nautica New York City Triathlon – July 20
- Accenture Chicago Triathlon – August 24
- Kaiser Permanente Los Angeles Triathlon – September 7
- Toyota U.S. Open Triathlon (Dallas) Championship Event – October 5

The Life Time Fitness Triathlon is a signature event of the Minneapolis Aquatennial, a premier, 68-year old community tradition in the Twin Cities.

For more information on the 2008 Life Time Fitness Triathlon or 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup, or to register for the events, visit www.ltftriathlon.com.

2008 Life Time Fitness Triathlon Sponsors

Life Time Fitness is proud to recognize the 2008 Life Time Fitness Triathlon sponsors:

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- Polar
- Powerade

- Bluegreen Vacations
- Hormel Natural Choice
- Chi Chi's
- Cub Foods
- Triathlete Magazine

About the Life Time Fitness Triathlon Series

The Life Time Fitness Triathlon Series was launched in 2006 and created the first-ever connection among four of the most prominent Olympic-distance triathlon events in the United States. The Life Time Fitness Triathlon (lfttriathlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Accenture Chicago Triathlon (chicagotriathlon.com) is produced by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (nyctri.com) is produced by Korff Enterprises. In 2007, the Life Time Fitness Triathlon Series was expanded to include a Championship event, the Toyota U.S. Open Triathlon Dallas. Overall, the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup offers \$1.45 million in cash prizes.

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 June 25, 2008, Life Time Fitness operated 74 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. 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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