

Elite Amateur Triathletes Get Ready For Battle At Life Time Fitness Triathlon July 12 In Minneapolis

Top Male and Female Elite Amateurs Seek to Qualify at 2008 Life Time Fitness Triathlon Series Events for Race Entry, Travel and Accommodations at Series Championship in Dallas

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM) today announced that 89 elite amateurs triathletes will be competing in Minneapolis' Life Time Fitness Triathlon on July 12. Each will be vying for one of just 20 spots at the 2008 Toyota U.S. Open Triathlon in Dallas on October 5, 2008 - the Life Time Fitness Triathlon Series Championship event and the opportunity to be crowned 2008 Race to the Toyota Cup Champion.

In a race long recognized for its record prize purse, participation by the world's top professional triathletes and thousands of participants, the 2008 Life Time Fitness Triathlon marks the return of the elite amateur division dedicated to recognizing the rising young amateurs and the sport's professional stars of tomorrow. Following the Minneapolis event, the top five female and male finishers at each of the remaining Life Time Fitness Triathlon Series events - the Nautica New York City Triathlon (July 20), the Accenture Chicago Triathlon (August 24), and the Kaiser Permanente Los Angeles Triathlon (September 7) - also will qualify for complimentary travel, accommodations, race entry at the Dallas event.

In 2007, Cathy Yndestad (Apple Valley, Minn.) qualified for the Toyota U.S. Open Triathlon with her win in Minneapolis. Yndestad also went on to win the Women's Elite Amateur division in Dallas, outdistancing Laurel Wassner of Hoboken, N.J. In the 2007 men's elite amateur division, Daniel Bretscher of Greencastle, Indiana, won the Elite Amateur division in Dallas after qualifying at the Accenture Chicago Triathlon.

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.

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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- 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. In 2008, the Series announced the Race to the Toyota Cup to award the top female and male triathletes in each of three separate divisions: Professional, Elite Amateur and Age Group at the Toyota U.S. Open Triathlon in Dallas. Overall, the 2008 Life Time Fitness Triathlon Series offers \$1.45 million in cash prizes for the Professional Division.

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 27, 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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