

Corporate Charity Challenge Inspires Healthy Competition, Charitable Contributions Among Local And National Organizations

100% of Entry Fees Support Designated Team Charities; Team with Best Overall Performance Wins Additional \$50,000 for Chosen Beneficiary

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM) today announced the organizations participating in the second annual 2008 Life Time Fitness Corporate Charity Challenge.

A division within the 2008 Life Time Fitness Triathlon, which is set for Saturday, July 12, in Minneapolis, the Corporate Charity Challenge was established to promote a healthy and active way of life among local and national companies, and to deliver financial support to non-profit organizations.

One-hundred percent of each team's \$3,000 event entry fee will be donated to their designated charity via the Life Time Fitness Foundation. Additionally, Bahram Akradi, Life Time Fitness chairman and chief executive officer, who also will be competing, has committed an additional donation of \$50,000 to the charity designated by the team with the overall best Corporate Charity Challenge race finish time.

Corporate Charity Challenge participants compete as relay teams on the Life Time Fitness Triathlon Professional course, which begins and ends at Minneapolis' Lake Nokomis and includes a 1.5K (0.9 miles) swim, 40K (24.8 miles) bike and 10K (6.2 miles) run.

A total of 23 teams are taking part in this year's Corporate Charity Challenge, including:

- Accenture
- Challenged Athletes Foundation - Operation Rebound
- Cybex
- Deloitte
- Faegre & Benson
- Foley & Mansfield
- Gear West Bike & Triathlon
- Golf Galaxy
- Griffin International Companies
- Life Fitness
- Life Time Fitness
- M&I Bank
- Minnesota Timberwolves / Taylor Corporation / Print Craft, Inc.
- Minnesota Vikings
- New Leaf
- Octane Fitness
- Periscope
- Precor USA
- Quebecor World
- RBA Consulting
- RPM Connect
- Dominator Clothing
- Workday

In 2007, Long Lake, Minnesota-based Gear West fielded a team that achieved the top overall Corporate Charity Challenge time, securing the additional \$50,000 donation to their charity: the American Partnership for Eosinophilic Disorders.

"The Corporate Charity Challenge represents a powerful opportunity for the business community to lead by example - both in showcasing their dedication and commitment to lead healthy and active ways of life, and in providing support to many fine charitable organizations in need of funding," said Marilyn Franzen, Life Time Fitness Athletic Events director. "We are excited to once again host this important charitable division as part of our larger triathlon event and deeply appreciative of all the organizations who have committed their involvement and support."

The 2008 Life Time Fitness Triathlon will take place on Saturday, July 12 at Lake Nokomis in downtown Minneapolis. The event will feature participation by more than 3,000 participants, including 40 of the world's top professional triathletes, 11 of whom are 2008 Olympians. The professionals will compete for a share of the event's \$250,000 prize purse.

" "We are excited to once again host this important charitable division as part of our larger triathlon event and deeply appreciative of all the organizations who have committed their involvement and support."

"

The Life Time Fitness Triathlon is a part of the Life Time Fitness Triathlon Series Race to the Toyota Cup and a signature event of the Minneapolis Aquatennial, a premier, 68-year-old community tradition in the Twin Cities. For more information or to register, visit www.ltftriathlon.com.

2008 Life Time Fitness Triathlon Sponsors

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

- Toyota
- Orbea/Shimano
- TYR
- Jennie-O Turkey Store
- MGD 64
- Edge® - Available at Target®
- Janus
- Ameriprise Financial
- Polar
- PowerAde
- Twin Cities Orthopedic
- 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 triathlon events in the United States. The Life Time Fitness Triathlon (ltftriathlon.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.

2008 Life Time Fitness Triathlon Series Event Timeline

- Life Time Fitness Triathlon (Minneapolis) – July 12
- Nautica New York City Triathlon – July 20
- Accenture Chicago Triathlon – August 22
- Kaiser Permanente Los Angeles Triathlon – September 7
- Toyota U.S. Open Triathlon (Dallas) – October 5

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 July 1, 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.

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