

2008 Life Time Fitness Triathlon Pro Meeting Set For July 10

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

WHAT: 2008 Life Time Fitness Triathlon Professional Athletes' Meeting

WHERE: Minneapolis Life Time Athletic Club

615 Second Avenue South
Minneapolis, Minnesota 55402
612-752-7000

WHEN: Thursday, July 10, 2008

3:30 p.m. - 4:30 p.m. (CT)

WHY: The meeting is mandatory for all athletes, 11 of whom are Olympians, competing in the Professional Division of the 2008 Life Time Fitness Triathlon. During the meeting, the professional competitors will be presented the race course and rules for the event. They also will draw their positions for the swim start. The professional men and women will be competing for a cash and prize purse of \$250,000 in Minneapolis and \$1.45 million for the 2008 Life Time Fitness Triathlon Series overall.

The Life Time Fitness Triathlon represents the first event of the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup.

Media may conduct interviews with the competitors prior to and/or immediately following the meeting.

For more information about 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.lftriathlon.com.

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 (lftriathlon.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 July 7, 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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