

Men's And Women's Champion Of The 2008 Life Time Fitness Triathlon

11 Olympians (Who Will Compete Next Month in Beijing) in Final Olympic Tune-up; Blind Triathlete Aaron Schiedes Competing in the Elite Amateur Division; 79-Year-Old Man from Britton, SD in Amateur Division

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

WHO: Olympians **Sarah Haskins (USA)** and **Emma Snowsill (AUS)**, battle for top honors at the Life Time Fitness Triathlon in Minneapolis.

Greg Bennett (AUS) and Olympian **Hunter Kemper (USA)** highlight the men's pro race

Aaron Schiedes, 25, blind triathlete competing in the elite amateur division and looking to set a new world record for challenged athletes by completing the Olympic distance course in under 2:00 (two hours)

Frank Farrar, 79, Britton, SD, the oldest competitor in the race

WHAT: Life Time Fitness Triathlon, Minneapolis, MN

B-Roll Package includes:

- Highlights and interviews with event champions
- Several unique human interest stories (see below)

WHEN: **Saturday, July 12, 2008**
3:30 p.m. CT and 5:30 p.m. CT

DETAILS: B-ROLL PACKAGE

- **Transmissions:** 3:30-3:45pm CT and 5:30-5:45pm CT, Sat. July 12, 2008
- **Coordinates:**
Horizon 2, Transponder 15 analog KU
band
Downlink frequency: 11900 Vertical
6.2 / 6.8 audio
- **Trouble Line:** 612-330-2771

UNIQUE HUMAN INTEREST STORIES:

- **Aaron Schiedes**, 25, of Seattle, a blind triathlete. Originally from Detroit, Aaron is a student at the University of Washington studying to become a physical therapist. He will compete in the Elite Amateur division at the race and is hoping to set a new world record for challenged athletes by breaking 2:00 in the Olympic distance course.
- **Frank Farrar**, Britton, SD, is the oldest competitor in the field at 79 years old.

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 (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.

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 11, 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 Kent Wipf, 952-229-7211 (office) or 612-718-4865 (cellular, on-site)
