International Pro Field Headlines Life Time Chicago Triathlon August 28

Marks Fifth Race in 2011 Race to the Toyota Cup

CHICAGO (August 17, 2011) – Life Time Fitness, Inc. (NYSE: LTM), today announced that defending Champions, Sarah Haskins and Mark Fretta, will join an international professional field to battle for this year's honors Sunday, August 28 at the Life Time Chicago Triathlon, one of the world's largest triathlons. The event serves as the fifth leg of the 2011 Race to the Toyota Cup.

Professional triathletes scheduled to compete* on Sunday, August 28 include:

Men

- James Bales (USA)
- Greg Bennett (AUS) *(Chicago win 2007)*
- Ryan Borger (USA)
- James Burns (USA)
- Holden Comeau (USA)
- Brooks Cowan (USA)
- Cameron Dye (USA)
- Nicholas Early (USA)
- Amit Fein (ISO)
- Mark Fretta (USA) *(Chicago win 2010)*
- Ryan Giuliano (USA)
- James Hadley (USA)
- Hunter Kemper (USA)
- John Kenny (USA)
- Gregory Kopecky (USA)
- Martin Krnavek (CZE)
- Brian Lavelle (USA)
- Kyle Douglas Lee (USA)

- Eric Limkemann (USA)
- Paul Matthews (AUS)
- Dan McIntosh (USA)
- Dustin McLarty (USA)
- Jared Milam (USA)
- Ritchie Nicholls (GBR)
- Filip Ospaly (CZE)
- Justin Park (USA)
- Andy Potts (USA)
- Matty Reed (USA) *(Chicago win 2009)*
- Josh Rix (USA)
- Andrew Starykowicz (USA)
- Kevin Taddonio (USA)
- David Thompson (USA)
- Nathan White (USA)
- Chris Wiatr (USA)
- Andrew Yoder (USA)

Women

- D'Ann Arthur (USA)
- Zana Buttermore-Baca (USA)
- Flora Duffy (GBR/BER)
- Joanna Fiddler (USA)
- Abby Geurink (USA)
- Sarah Haskins (USA) – (*Chicago win 2010 and 2009)*
- Lindsey Jerdonek (USA)
- Alicia Kaye (USA)
- Nicole Kelleher (USA)
- Becky Lavelle (USA) *(Chicago win 2008/2005)*
- Sara McLarty (USA)
- Angela Naeth (CAN)
- Jillian Petersen (USA)
- Jocelyn Petrella (USA)
- Jenna Shoemaker-Parker (USA)
- Pip Taylor (AUS)
- Radka Vodickova (CZE)
- Laurel Wassner (USA)
- Rebeccah Wassner (USA)

Female and male division winners in Chicago each will take home $12,500. Overall, the top female and male finishers will claim a portion of the total professional cash purse. In addition to a cash prize, the top female and male finisher each will earn 10,000 points toward their pursuit of the coveted 201l Race to the Toyota Cup and a 2011 Toyota vehicle.

The Life Time Chicago Triathlon begins at Monroe Harbor. The bike course navigates along Lake Shore Drive between Randolph and Foster before returning back to the Randolph transition area. The event concludes with the run from Randolph Street proceeding north to the finish line on Columbus Drive, just south of Balbo in Grant Park.

2011 Race to the Toyota Cup Update:

The 2011 Series Professional Division has a total event purse of $584,000 (including a Toyota car, Toyota Cup purse of $149,000 and available premiums for series).

In order to be eligible for Toyota Cup, Professional triathletes must start at least three events, including the Toyota U.S. Open Triathlon Championship in Dallas. The top five events count. Tiebreaker is the Toyota U.S. Open performance.

Currently, Alicia Kaye leads the 2011 Race to the Toyota Cup professional women's standings, ahead of Sarah Haskins (USA) who is in second place following a first place in the Life Time Minneapolis Triathlon. Nicole Kelleher is in third place. Within themen's professional division, Andy Potts (USA) is in first place following his second place finish at the Life Time Minneapolis Triathlon. Cameron Dye (USA) is in second place, followed by Matty Reed in third place.

In addition to the professional division, the series provides elite and age-group participants with awards and opportunities to participate in the Toyota U.S. Open Triathlon in Dallas.

2011 Life Time Chicago Triathlon Sponsors:

Life Time Fitness is proud to recognize the 2011 Life Time Chicago Triathlon Sponsors:

- Active.com
- American Airlines
- AllWhites
- AthletiCo
- Avis
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- Blue Competition Cycles
- Budget
- Champion System
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- CTA
- Discover
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- Fuel Belt
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- Life Time Fitness
- NBC 5
- Orca
- Reebok
- TEAM TO END AIDS
- Toyota, the presenting sponsor of the Life Time Fitness Triathlon Series Race to the Toyota Cup
- *Triathlete Magazine*
- UnitedHealthcare
- Village Cycle Center
- Walgreens
- Zico

About Toyota Motor Sales, U.S.A., Inc.

Toyota Motor Sales (TMS), U.S.A., Inc. is the marketing, sales, distribution and customer service arm of Toyota, Lexus and Scion. Established in 1957, TMS markets products and services through a network of nearly 1,500 Toyota, Lexus and Scion dealers. Toyota has been a leader in hybrid technology and in the past year celebrated the 10-year anniversary of the Prius. Toyota directly employs nearly 30,000 people in the U.S. and its investment here is currently valued at more than $18 billion. For more information about Toyota, visit www.toyota.com, www.lexus.com, www.scion.com or www.toyotanewsroom.com.

About Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and

incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health and fitness goals by engaging in their areas of interest – or discovering new passions – both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. As of August 17, 2011, the Company operated 92 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC℠ brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

For more information about the Chicago Triathlon, visit www.chicagotriathlon.com or follow on facebook, www.facebook.com/chicagotriathlon or Twitter, www.twitter.com/chicagotri.

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* NOTE: Pro List as of Aug. 17, 2011