

Learn Essentials Of Great Running With Life Time Run

Runners invited to join Olympian Carrie Tollefson in four-day running camp

Every year more than 20,000 running events take place across the country with a majority occurring during Summer and Fall. To help optimize runners' training in preparation for these events, [Life Time Fitness, Inc.](#) (NYSE: LTM), the healthy way of life company, has teamed up with Olympian and three-time National Champion [Carrie Tollefson](#) to host a four-day [Life Time Run](#) adult running camp January 12 – 15, 2012 in Houston, TX.

Runners of all skill levels are invited to join Tollefson and learn the essentials of great running. The four-day camp will include:

- Guided workouts including interval runs, long run and yoga
- Seminars on nutrition, strength, injury prevention and race prep
- Guest speakers and professional athlete meet and greets
- Guided viewing of the Olympic Trials Marathon

Registration is limited and the registration deadline is January 5. Visit the Life Time Run website at <http://www.lifetimerun.com> for more information and to register.

WHEN:

Thursday, January 12 – Sunday, January 15

WHERE:

Life Time Athletic CityCentre

815 Town and Country Lane
Houston, TX 77024
713-464-1200

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of December 21, 2011, the Company operated 92 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETICSM brands, along with nine former Lifestyle Family Fitness centers, in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

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