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Life Time Athletic At Peachtree Corners Undergoes Remodel To Add World-Class Health And Fitness Facilities To Renowned Tennis Destination

Life Time Athletic at Peachtree Corners will transform into the world-class headquarters for high performance tennis training, tournaments and recreational play. Healthy Way of Life resort to include state of the art tennis complex including eight indoor and 20 outdoor tennis courts (four of them har-tru clay) to compliment world class health and fitness destination that allows people to engage in their areas of passion. Life Time Athletic at Peachtree Corners to uniquely offer the experts, programs and services that help people set and achieve their athletic, fitness and nutrition goals

ATLANTA--(BUSINESS WIRE)--Life Time – The Healthy Way of Life Company (NYSE: LTM) announced expanded plans to remodel Life Time Athletic at Peachtree Corners to deliver an internationally renowned tennis destination, complemented by world-class health and fitness facilities. Life Time acquired Atlanta, Georgia-based Racquet Club of the South (RCS) last year but planned an extensive remodel throughout 2012 and early 2013 to add additional features and amenities including a remodeled exterior, lobby and locker rooms, fitness center with state-of-the-art equipment, training and group fitness programs, and on-site child care, clubhouse with restaurant, pro shop and a stadium court that hosts 4,000+ spectators.

After the remodel, the destination will provide members with dozens of uncompromising healthy way of life programs that allow members to engage in their areas of passion and help them achieve success with their total health objectives, athletic aspirations and fitness goals. These include training, weight loss and nutrition, tennis, running, cycling, swimming plus yoga, Pilates, and many more. As the largest provider of indoor tennis courts nationwide, Life Time Athletic at Peachtree Corners will serve as the Company's southeast hub for high performance tennis training, coaching and development, tournaments and recreational play and instruction.

"We are excited about our expansive remodel at Life Time Athletic at Peachtree Corners and the opportunity to add our unique, family-oriented healthy way of life destination to a renowned tennis community," said Jeff Zwiefel, executive vice president and chief of operations. "Unlike the typical "club" or "gym," which is merely a room full of equipment, Life Time provides the experts, programs and services that help people get connected to their areas of interest. Coupled with a world-class tennis facility we will not only offer intense tennis training, tournaments and recreational play but also uniquely help each member define a personal path to a healthy and active lifestyle, and provide them with the tools and support to achieve it."

Life Time Athletic at Peachtree Corners will provide a team of certified tennis professionals, personal trainers, nutrition coaches, group fitness instructors and knowledgeable, service-driven staff to help members establish personalized goals and objectives, and guide them to success. Moreover, the new destination will offer access to multiple dedicated group exercise, Pilates and LifePower Yoga studios, a state-of-the-art cycle theatre equipped to deliver an authentic cycle experience, a Functional Training Area and Ultimate Training System as well as state-of-the-art cardiovascular and resistance training equipment. Furthermore, members can take advantage of LifeCafe, which offers the best in healthy food and beverage services including a menu free of trans fats, bleached flours, and artificial flavors, colors, preservatives and sweeteners.

The center also will boast a large outdoor aquatics center, complete with lap lanes and best-in-class swimming lessons. Families will appreciate the facility's child center, featuring a children's activity area and a separate infant playroom. Dedicated family locker rooms are also available.

Life Time Athletic at Peachtree Corners will offer a variety of programs and services such as one-on-one personal training and Life Time's suite of group training services including TEAM Weight Loss, TEAM Fitness, TEAM Bootcamp, the Ultimate Workout and Alpha Training. Group fitness enthusiasts will appreciate a variety of offerings including Life Time's signature classes Strike!, Core Blast and Barbell Strength while yoga and Pilates lovers will have access to LifePower Yoga, Life Time's signature Vinyasa Yoga directed by Johnny Kest, as well as LifePower Pilates including a studio with reformers, towers, chairs, and barrels to provide one-on-one and small group Pilates training.

Life Time provides complimentary towel and locker service, and an initial 14-day money-back guarantee with no long-term membership contracts.

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 January 23, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM)

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brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

For further information: Life Time Fitness Lauren Flinn, 1-952-229-7776 lflinn@lifetimefitness.com
