https://stage.mediaroom.com/lifetimefitness/2013-01-24-renowned-health-and-fitness-experts-shaun-t-and-jeanette-jenkins-headline-empower-fusion-in-chicago-march-7-10?forPDF=1

Renowned Health And Fitness Experts Shaun T And Jeanette Jenkins Headline EMPOWER! Fusion In Chicago March 7-10

Weekend fitness celebration features industry's top presenters, lectures and master classes packed with fun, movement and education

(BUSINESS WIRE)--Life Time Fitness (NYSE:LTM):

WHAT: Sweat beside and ask questions to Shaun T, health and fitness expert and creator of the best selling fitness programs Insanity and Asylum, and Jeanette Jenkins, known as The Hollywood Trainer, along with many of the best in the health and fitness industry March 7-10 at EMPOWER! Fusion Chicago, a weekend fitness celebration produced by Global Fitness Solutions and sponsored by Life Time – The Healthy Way of Life Company . EMPOWER! Fusion Chicago is power packed with the industry's top presenters delivering amazing fitness workshops, lectures and master classes packed with fun, movement and education. This year, EMPOWER! Fusion Chicago will feature:

-- A one-of-a-kind special event with Shaun T
-- An incredible four hour intensive plus sessions throughout the weekend with Jeanette Jenkins
-- Motivational keynote with New York Times Best Selling Author, Michael Port
-- Presentations from the health and fitness industry's top experts including:
-- Jay Blahnik
-- Petra Kolber
-- Dr. Len Kravitz
-- Mindy Mylrea
-- Lawrence Biscontini
-- Keli Roberts
-- Robert Sherman
-- Jessica Exposito
-- Mark Stone
-- Julz Arney
-- Shannon Fable
-- Stacey Lei Krauss
-- Jeffrey Scott
-- Sherry Catlin
-- Rob Glick
-- Kimberly Spreen-Glick
-- Training, certification and continuing education opportunities for fitness professionals and enthusiasts
-- Robust health and fitness shopping expo and much more.

WHEN/WHERE: Thursday, March 7- Sunday, March 10

Full schedule at http://empowerfitnessevents.com

Intercontinental O'Hare
5300 N. River Road
Rosemont, IL 60018
847.544.5300

REGISTRATION: Registration is now open for EMPOWER! Fusion Chicago. Those that register before Feb. 28 will save $40 on registration for the full conference (regular price $289). Register online or get more information about EMPOWER! Fusion Chicago.

Spread the word on the entire 2013 schedule:
-- April 19-21: EMPOWER! Las Vegas
-- April 26-28: EMPOWER! Dallas
-- June 21-23: EMPOWER! Columbus
-- September 27-29: EMPOWER! Minneapolis
-- October 11-13: EMPOWER! Denver
-- November 15-17: EMPOWER! Atlanta
-- December 6-8: EMPOWER! Phoenix

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 Jan. 24, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) 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, Inc. Amy Henderson, 952-229-7721
ahenderson2@lifetimefitness.com