

## Reston, Virginia Home To New Life Time Athletic Club

### Opening of Life Time's Newest Healthy Way of Life Destination Planned for September 2013; Location to Employ Approximately 300 Team Members

CHANHASSEN, Minn.--(BUSINESS WIRE)--Anticipation is building as [Life Time - The Healthy Way of Life Company](#)<sup>SM</sup> (NYSE:LTM) plans for a mid-September opening of its 114,000 square foot, resort-like sports, professional fitness, family recreation and spa destination in Reston, Virginia. The new Life Time Athletic club will mark the Company's fifth location in the Washington, D.C. area. A special Preview Center now is open seven days a week to provide consumers with more information and special pre-opening membership opportunities.

Life Time Athletic Reston will boast a comprehensive array of interest-driven programs and studios, health, fitness and wellness services, and hundreds of certified fitness professionals to help members — from kids to adults and beginners to athletes — engage in their areas of passion, while achieving their total health objectives, athletic aspirations and fitness goals all under one roof.

"With our expansion in the Washington, D.C. area, we are excited to bring our distinctive, full-service fitness, health and wellness offerings to the Reston community," says Jeff Zwiefel, executive vice president and chief of operations. "Life Time stands in stark contrast to the typical "club" or "gym" which offers little more than a roomful of fitness equipment at a low-cost rate. Rather, we help our members set personalized goals and provide the right tools, support and professional guidance to achieve their objectives smartly and sustainably."

During the next several months, Life Time Athletic Reston will add nearly 300 positions to serve members and operate the facility, which will include more than 400 pieces of state-of-the-art cardiovascular and resistance training equipment; an extensive free-weight area; personalized weight loss programs; signature group exercise programs, including Strike, Core, and Total Conditioning; Pilates, Cycle and LifePower Yoga studios; full-size basketball courts; and large indoor and outdoor aquatics centers complete with two-story outdoor waterslides, zero-depth-entry recreation pools, lap pools, interactive children's play areas, two whirlpools and an outdoor bistro.

In addition, Life Time Athletic Reston will feature the company's newest signature program for Kids, Life Time Kids Academy, a membership program for kids ages 3-11, that provides access to eleven engaging classes designed to help them discover their passions in the areas of mind and body, fitness and agility, arts and culture, and life skills. Members' children also receive two hours of Fun Play per day with paid junior dues in the Interactive Child Center, featuring a computer center, children's activity areas and separate infant playroom, as well as special programming including summer camps, school break camp, Parent's Night Out and more.

Life Time Athletic Reston features [LifeSpa](#), which offers full-service hair, nail and skin care services, and therapeutic massage, and [LifeCafe](#), which serves healthy food and beverages free of trans fats, bleached flours, and artificial flavors, colors, preservatives and sweeteners.

Consumers who join Life Time receive complimentary towel and locker service, an initial 14-day money-back guarantee and a month-to-month membership agreement.

The Life Time Athletic Reston Preview Center (and future club) is located in the Lake Fairfax Business Park at 1757 Business Center Drive in Reston, VA, 20190. For more information, call 571-512-3500 or visit [Life Time Athletic Reston](#) or the [Life Time Athletic Facebook Page](#).

#### 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 April 25, 2013, the Company operated 106 centers under the LIFE TIME FITNESS<sup>®</sup> and LIFE TIME ATHLETIC<sup>SM</sup> brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](#).

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