

<https://stage.mediaroom.com/lifetimefitness/2013-11-14-hundreds-of-men-and-women-to-compete-in-national-alpha-showdown-saturday-nov-16-in-atlanta?forPDF=1>

Hundreds Of Men And Women To Compete In National Alpha Showdown Saturday, Nov. 16 In Atlanta

Alpha Competition will test power, strength, endurance, speed & agility, coordination, balance & flexibility; Winners receive all-inclusive trip for two

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

WHAT: On Saturday, Nov. 16, Life Time will host the [2013 National Alpha Showdown Competition](#). Hosted in the brand new 2,600 seat tennis stadium at the newly opened [Life Time Athletic and Tennis at Peachtree Corners](#), the annual [Alpha Showdown](#) competition will test participant's athletic ability and body's core energy systems through gauntlets in each of the Eight Fitness Abilities - power, strength, endurance, speed, agility, coordination, balance & flexibility. Competing in Fitness as a Sport, the Alpha showdown pushes competitors mentally and physically, while creating a comprehensive performance challenge that allows them to see how they rank among the fittest people in the country.

Alpha Nationals will feature male and female winners from regional competitions that took place in September as well as new Alpha participants. Winners of the national competition will be crowned Alpha Male and Alpha Female and receive an all-inclusive trip for two to Mexico.

WHEN: Saturday, Nov. 16, 2013
Events begin at 9 a.m. and will last through mid-afternoon

WHERE: Life Time Athletic and Tennis at Peachtree Corners
6350 Courtside Drive
Norcross, GA, 30092
770-449-6060

ADDITIONAL INFO: For more information about Alpha Showdown visit [WeAreAlpha.com](#) or like [We Are Alpha on Facebook](#). Alpha Male and Alpha Female winners will be announced next week.

** MEDIA NOTE: For on-site media credentials, please contact Lauren Flinn at 952.229.7776 (office) or 919.302.3789 (cell) or by email at lflinn@lifetimefitness.com.*

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 members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of Nov. 14, 2014, the Company operated 108 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® 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, 952-229-7776 lflinn@lifetimefitness.com
