

Life Time Expands Into California With Opening Of Three-Story, 128,000-Square Foot Total Lifestyle Center In Laguna Niguel

April 26 marks grand opening of Life Time's first premier health, fitness and spa destination offering a broad array of interest-driven programs, services and amenities for individuals and families; nearly 300 local jobs created

LAGUNA NIGUEL, Calif. & CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time - The Healthy Way of Life CompanySM (NYSE:LTM) announced the completion of its first exquisite, comprehensive lifestyle, sports, professional fitness and spa destination in Orange County. Located at 25600 Rancho Niguel Road, Life Time Athletic Laguna Niguel represents the company's first California location and 110th destination in the United States and Canada.

A grand opening preview celebration for Founding members is set for 6:00 p.m. on Thursday, April 24, commencing with a ribbon-cutting ceremony with city officials and Life Time executives. Life Time Athletic Laguna Niguel will officially open to all members on Saturday, April 26 at 4:00 a.m.

"It is our distinct honor to become part of Laguna Niguel and the Orange County community and we welcome the opportunity to serve the health, fitness and recreation goals and objectives of area residents and businesses," said Jeff Zwiefel, Life Time chief operating officer. "On behalf of our entire Life Time Athletic team, we're thrilled to open our doors and deliver an incredible array of boutique-style, interest-driven programs that help our customers achieve success, all while participating in activities that align with their areas of passion."

The 128,000-square-foot Life Time Athletic Laguna Niguel will feature best-in-class instructors and programs in exquisite, beautifully appointed group fitness, cycle, Pilates and yoga studios, along with hundreds of the most state-of-the-art cardiovascular and resistance machines available anywhere. In addition, Life Time certified personal trainers and nutrition coaches will serve members with personalized programs designed to help them achieve and maintain healthy and active lifestyles, including Life Time's proprietary myHealthScoreSM, which provides insight on six key areas to establish a picture of a member's overall health. Life Time Athletic Laguna Niguel also will feature two indoor basketball courts, an indoor rock wall and a resort-like aquatic center, including a 35,000-square foot outdoor pool deck complete with a lap pool, whirlpools and splash pads.

To address the needs of families — and the interests of its littlest members — Life Time Athletic Laguna Niguel features Kids Academy, a unique membership program designed especially for kids from 3 months to 11 years. Kids Academy is focused on helping children develop a passion for living a healthy, active life and provides a full spectrum of enriching and engaging activities in the areas of Mind and Body, Arts and Culture, Fitness and Agility, and Life Skills in one convenient location. More than 65 classes are offered weekly including karate, yoga, music, Spanish immersion, tumbling and sports skills.

Open to members and non-members, the LifeSpa at Life Time Athletic Laguna Niguel is a full-service, lavish day spa and medi-spa providing state-of-the-art treatments; the latest in massage and relaxation therapy; and a comprehensive range of body, hair, nail and skin care services. Non-members who book a service will receive access to Life Time on the day of their appointment and up to two hours for their children in the Life Time Kids Academy.

LifeCafe, an on-site, full-service, chef-driven restaurant, is located within Life Time Athletic and operates under an "If it's here, it's healthy" philosophy. Life Time has made a commitment to its millions of members and the public, promising clean and wholesome eating at all of its LifeCafe locations. The menu features fresh and healthy food items - free of trans fats, bleached flours, and artificial flavors, colors, preservatives and sweeteners.

As a Diamond-level Life Time destination, members of Life Time Athletic Laguna Niguel have full access to all Life Time Athletic and Life Time Fitness destinations across the country, along with exclusive social events, travel opportunities and more. Life Time Athletic Laguna Niguel will be open seven days a week from 4:00 AM to Midnight beginning April 26 with complimentary towel and locker service, an initial 14-day money-back guarantee and no long-term contracts.

For more information on Life Time Athletic Laguna Niguel, call 949-238-2700, visit lifetimefitness.com/lagunaniguel or <https://www.facebook.com/lifetimeathleticlagunaniguel>

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 April 21, 2014, the Company operates 110 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.

"It is our distinct honor to become part of Laguna Niguel and the Orange County community and we welcome the opportunity to serve the health, fitness and recreation goals and objectives of area residents and businesses"

For further information: Life Time Fitness, Inc. Natalie Bushaw, 952-229-7007 nbushaw@lifetimefitness.com or Jonathan Volzke, 949-215-5539 jonathan@communicationslab.com

