Life Time Fitness Reclaims Guinness World Record™ for Largest Static Cycling Class

Life Time Chairman, CEO and President, Bahram Akradi, Led 600 Cycling Enthusiasts to New World Record

CHANHASSEN, Minn.--(BUSINESS WIRE)--CHANHASSEN, Minn.--(BUSINESS WIRE)--On a frigid, historically cold morning on January 9, 2010, in Houston, Texas, Life Time Fitness (NYSE: LTM) held the "Ride of a Lifetime," a two-hour long, high-energy outdoor stationary cycle ride. Participants won't soon forget the day, which saw a low of 20-degrees Fahrenheit and topped out at just 43-degrees. Nor will they forget their role in setting the new World Record for the largest static cycling class in history, as was confirmed by Guinness World Records on February 12, 2010.

Life Time previously held the same record when, on March 23, 2009, 418 participants took part in an outdoor cycle ride at the Life Time Fitness center in Plano, Texas. That record was broken on September 18, 2009, when 450 cyclists participated in a static cycle class in Galway, Ireland. Complemented by the sounds of Life Time's own renowned DJ, Roberto Costa, Life Time Fitness Chairman, Chief Executive Officer and President, Bahram Akradi, led the record-setting 600 participants to secure their place in Guinness World Record history. The Ride of a Lifetime took place at Houston CityCentre, a new 37-acre, self-contained pedestrian community, which serves as home to the state-of-the-art sports, fitness, recreation and spa destination, Life Time Athletic, the Hotel Sorella and a range of retail, dining, office and residential spaces.

Note to editor: For additional photos of the Ride of a Lifetime Guinness World Record breaking event, please visit the Life Time Fitness newsroom http://tinyurl.com/y8wra6h.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The Company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events and nutritional products. As of February 15, 2010, Life Time Fitness operated 85 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Photo Gallery Available: http://www.businesswire.com/cgi-bin/mmg.cgi?eid=6179834&lang=en

For further information: Life Time Fitness, Inc. Kent Wipf, 952-229-7211 kwipf@lifetimefitness.com or Jason Thunstrom, 952-229-7435 pr@lifetimefitness.com

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