

## Life Time Fitness To Open New Healthy Way Of Life Destination In Summerlin, Nevada

**Three-story, 144,000 square foot Summerlin Life Time Athletic Club to uniquely offer the experts, programs and services that help people set and achieve their fitness and nutrition goals Healthy Way of Life resort to feature best-in-class sports, recreation, fitness and spa programs and services; Set to open April 2011 Preview center now open for more information, including exclusive Summerlin Founder's membership opportunities**

SUMMERLIN, Nev.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM), the healthy way of life company, today announced plans to open its newest healthy way of life destination in Summerlin, Nevada in April 2011. Marking the Company's first location in Nevada, the [Life Time Athletic Club Summerlin](#) will offer a comprehensive array of sports and athletics, family recreation and entertainment, professional fitness and spa programs and services designed to fulfill members' areas of interest and help them achieve success with their health and fitness goals. Located at 10672 Griffith Peak Drive, a special preview center offering consumers more information, including special membership opportunities, is now open and may be reached at 702-228-2611.

"We are excited to bring our unique, family-oriented health and wellness destination to the Summerlin community," said Jeff Zwiefel, executive vice president, Operations. "Unlike the typical "club" or "gym," Life Time Athletic provides the experts, programs and services that help people get connected to their areas of interest without the burden of long-term contracts or other gimmicks. Rather, we help each member define a personal path to a healthy and active lifestyle, and provide them with the tools and support to achieve it."

[Life Time Athletic Summerlin](#) will provide a team of certified personal trainers, nutrition coaches, group fitness instructors and knowledgeable staff to help members establish personalized goals and objectives, and guide them to success. Moreover, the new destination will offer 24-hour access to multiple dedicated group exercise, pilates and [LifePower Yoga](#) studios, a state-of-the-art cycle theatre equipped to deliver an authentic cycle experience, a mixed martial arts room, more than 400 pieces of state-of-the-art cardiovascular and resistance training equipment, and much more.

Added Zweifel, "We provide a range of comprehensive, best-in-class healthy lifestyle businesses ranging from cycling and martial arts to running and weight loss that align with and connect members with their areas of passion. As members engage in their interests, Life Time uniquely delivers the people, programs and destinations that help them set and achieve their goals."

The center also will boast large indoor and outdoor aquatics centers, complete with two-story outdoor waterslides, large, zero-depth entry recreation pools, lap pools and children's interactive play areas, two whirlpools and an outdoor bistro.

Furthermore, members can take advantage of [LifeSpa and Salon](#), which delivers a full range of hair, nail and skin care services and therapeutic massage, and [LifeCafe](#), which offers the best in healthy food and beverage services.

Families will appreciate the facility's large, interactive child center, featuring an eMac computer center, junior sport court, children's activity areas and a separate infant playroom. Dedicated family locker rooms are also available.

Life Time provides complimentary towel and locker service, and an initial 14-day money-back guarantee with no long-term membership contracts.

### **About Life Time Fitness, Inc.**

Life Time Fitness, Inc. (NYSE: LTM) is the healthy way of life company based in Chanhassen, Minnesota. The Company is dedicated to providing programs and services that help its members connect and engage with their areas of interest, and achieve success with their health and fitness goals. Life Time Fitness designs and operates distinctive, multi-use sports, professional fitness, family recreation and spa/resort centers that help members lead healthy and active lives. As of December 8, 2010, the Company operated 89 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at [lifetimefitness.com](http://lifetimefitness.com).

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