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February 12, 2013

To: Whom It May Concern

Re: Extreme Fitness, Inc. ("Extreme Fitness")

On February 7, 2013, Extreme Fitness obtained an initial order (the "Initial Order") from the Ontario Superior Court of Justice (Commercial List) (the "Court") under the Companies' Creditors Arrangement Act, R.S.C. 1985, c. C-36, as amended (the "CCAA"). The Initial Order provides, among other things, a stay of proceedings until March 8, 2013 (the "Stay Period"), which may be extended by the Court from time to time, and appointed FTI Consulting Canada Inc., as monitor ("the Monitor") of Extreme Fitness.

Extreme Fitness also announced on February 8, 2013 that it has entered into a Letter of Intent (the "LOI") for the acquisition of all of its facilities by GoodLife Fitness Centres Inc. ("GoodLife"). GoodLife is the largest fitness company in Canada with over 300 locations across the country. The CCAA proceedings are expected to facilitate a closing of a proposed sale of Extreme Fitness' business to GoodLife. It is expected that during the CCAA proceedings, Extreme Fitness will continue to operate in the usual and ordinary course and without interruption.

A copy of the Initial Order and copies of the materials filed in the CCAA proceedings may be obtained at <http://cfcanada.fticonsulting.com/ExtremeFitness> or on request from the Monitor by calling (416) 649-8062 or 1-855-649-8062, or by emailing ExtremeFitness@fticonsulting.com. Extreme Fitness intends to continue its operations pursuant to the terms of the Initial Order.

Pursuant to the Initial Order, all persons having oral or written agreements with Extreme Fitness or statutory or regulatory mandates for the supply of goods and/or services are restrained until further Order of the Court from discontinuing, altering, interfering with or terminating the supply of such goods or services as may be required by Extreme Fitness, provided that the normal prices or charges for all such goods or services received after the date of the Initial Order are paid by Extreme Fitness in accordance with normal payment terms with Extreme Fitness, or such other terms as may be agreed upon by the supplier or service provider and Extreme Fitness and the Monitor, or as may be ordered by the Court. The Initial Order



prohibits Extreme Fitness from making payment of amounts relating to the supply of goods or services prior to February 7, 2013, other than certain payments specified in the Initial Order.

During the Stay Period, all parties are prohibited from commencing or continuing legal action against Extreme Fitness, and all rights and remedies of any party against or in respect of Extreme Fitness or its assets are stayed and suspended except with the written consent of Extreme Fitness and the Monitor, or leave of the Court.

To date, no claims procedure has been approved by the Court and creditors are therefore not required to file a proof of claim at this time.

If you have any questions regarding the foregoing or require further information, please consult the Monitor's website at <http://cfcanada.fticonsulting.com/ExtremeFitness> or by contacting the Monitor at (416) 649-8062 or 1-855-649-8062, or by emailing ExtremeFitness@fticonsulting.com.

Respectfully,

FTI Consulting Canada Inc.
In its capacity as Court Appointed Monitor of
Extreme Fitness, Inc. and not in its personal or
Corporate capacity