

June 16, 2010



## **Life Time Fitness to Present at the Jefferies 2010 Global Consumer Conference**

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE: LTM) today announced that Michael Robinson, executive vice president and chief financial officer, will present at the Jefferies 2010 Global Consumer Conference. Kenneth Cooper, vice president of finance, also will attend on behalf of the Company.

The Conference will be held June 21-23, 2010, at the White Elephant Hotel in Nantucket, Massachusetts. The Life Time Fitness presentation will occur at 4:15 p.m. ET on Tuesday, June 22, 2010.

The presentation will be webcast and may be accessed via the Company's Investor Relations section of its website at [lifetimefitness.com](http://lifetimefitness.com). A replay of the presentation will be available through September 22, 2010.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is a 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 June 16, 2010, the Company operated 88 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at [www.lifetimefitness.com](http://www.lifetimefitness.com).

Source: Life Time Fitness, Inc.