

March 9, 2007



Life Time Fitness to Present at Bank of America 2007 Consumer Conference

EDEN PRAIRIE, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE:LTM), a national operator of distinctive and large health and fitness centers, announced today that Bahram Akradi, Life Time Fitness chairman and chief executive officer, and Michael Robinson, Life Time Fitness executive vice president and chief financial officer, will present at the Bank of America 2007 Consumer Conference, to be held March 13-15, 2007, at The New York Palace Hotel in New York, New York.

The Life Time Fitness presentation will occur at 8:00 a.m. (ET) on Tuesday, March 13.

The presentation will be Web cast live and may be accessed at the Life Time Fitness Web site, www.lifetimefitness.com, by clicking on the, "Investor Relations," link found under, "About Us."

A replay of the presentation will be available through March 27, 2007.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large sports and athletic, professional fitness, family recreation and resort/spa centers. As of March 9, 2007, the Company operated 60 centers in 13 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Ohio, Texas, Utah and Virginia. The Company also operates two satellite facilities and five preview locations in existing and new markets. Additionally, Life Time Fitness 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 and supplements. Life Time Fitness is headquartered in Eden Prairie, Minnesota (www.lifetimefitness.com). LIFE TIME FITNESS, the LIFE TIME FITNESS logo, and EXPERIENCE LIFE are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.