

June 12, 2007



Life Time Fitness Set to Open Deerfield Township Location on Saturday July 7

VIP Preview Event Set for July 6; New Center to Deliver Comprehensive Family Recreation, Sports, Professional Exercise and Spa Amenities and Services

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

Life Time Fitness, Inc. (NYSE: LTM), a national operator of distinctive and large health and fitness centers, today announced that the Grand Opening for its newest sports and athletic, professional fitness, family recreation and resort/spa center, in Deerfield Township, Ohio will take place Saturday, July 7, 2007. Life Time Fitness Deerfield will officially open for workouts at 6:00 a.m. that morning.

The Company will also host a special VIP preview celebration and ribbon cutting ceremony on Friday, July 6, 2007, beginning at 6:45 p.m. At the event, thousands of new and current Life Time Fitness members and area residents are invited to tour the new health and fitness resort and experience program demonstrations and activities.

Life Time Fitness Deerfield Township will offer comprehensive health, family recreation, sports and spa facilities that deliver comprehensive exercise programs, certified specialists and hundreds of pieces of state-of-the-art equipment.

Life Time Fitness officials commented on what will be the Company's first location in the Cincinnati market and the third location in Ohio, joining locations in Columbus and Dublin. "We are excited about our first center in the Cincinnati market," said Mike Brown, senior vice president, Operations, Life Time Fitness. "As with all of our Life Time Fitness centers our Deerfield Township location is uniquely designed to meet the health and fitness needs of the entire family while creating a 'WOW' experience each and every visit."

Life Time Fitness Deerfield Township amenities include, multiple group exercise and cycle studios with free and fee-based classes, a team of certified personal trainers and programming, a wide selection of adult and youth programs and activities, rock climbing walls, two full-size basketball courts, racquetball and squash courts, indoor turf area, authentic yoga and Pilates studios, and dry saunas. The center also offers large indoor and outdoor aquatics centers, featuring multiple, two-story waterslides, two large, zero-depth recreation pools, a lap pool and children's interactive play area, multiple whirlpools and an outdoor bistro.

Families will appreciate Life Time Fitness' amazing child center, featuring a play maze, separate infant playroom, basketball court, a computer lab, and numerous other children's activities. Dedicated family locker rooms also are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair, nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in quick-service nutritional food and beverage services.

Finally, Life Time Fitness provides free towels and lockers, a 30-day money-back guarantee, and requires no long-term contracts.

For more information about Life Time Fitness Deerfield Township, please visit lifetimefitness.com/deerfield/.

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 June 12, 2007 the Company operates 63 centers in 14 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operates a satellite facility 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.

Note To Editors:

Life Time Fitness Deerfield Township, 8310 Wilkens Boulevard, Mason, OH 45040

The center's telephone number is 513-234-0660.

Please contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.