

February 8, 2008



Company Profile for Life Time Fitness Inc.

Life Time Fitness operates distinctive and large sports, athletic, fitness and family recreation centers. In addition to traditional "health club" offerings, most Life Time Fitness centers include an expansive selection of premium amenities and services in a resort-like setting. Amenities include indoor and outdoor swimming pools, basketball and racquet courts, personal training and group fitness programming, child care centers, cafes and spas.

The Company enjoys multiple competitive strengths, including:

Comprehensive and convenient programs and services

A value proposition that encourages membership loyalty

An established and proven economic model

A disciplined and sophisticated site selection and development process

A committed and experienced senior management team

Company: Life Time Fitness Inc.
Headquarters Address: 2902 Corporate Place
Chanhausen, MN 55317
Main Telephone: 952-947-0000
Website: www.lifetimefitness.com
Ticker: LTM (NYSE)
Type of Organization: Public
Industry: Fitness & Nutrition
Key Executives: Founder, Chairman of the Board
and CEO: Bahram Akradi
President and COO: Michael Gerend
CFO: Michael Robinson

Public Relations

Contact: Jason Thunstrom
Phone: 952-229-7435
Email: pr@lifetimefitness.com

Investor Relations

Contact: Ken Cooper
Phone: 952-229-7427
Email: ir@lifetimefitness.com

Public Relations

Contact: Kent Wipf
Phone: 952-229-7211
Email: kwipf@lifetimefitness.com

Source: Life Time Fitness