

March 15, 2007



## **Life Time Fitness to Present at Merrill Lynch Annual Retailing Leaders 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 Michael Gerend, Life Time Fitness chief operating officer, will present at the Merrill Lynch 30th Annual Retailing Leaders Conference, to be held March 21-22, 2007, at The New York Palace Hotel in New York, New York.

The Life Time Fitness presentation will occur at 8:40 a.m. (ET) on Wednesday, March 21.

Kenneth Cooper, Life Time Fitness senior finance director, also will attend on behalf of the Company.

The conference call will be Web cast and may be accessed via the Company's Investor Relations section of its Web site at [lifetimefitness.com](http://lifetimefitness.com). A replay of the presentation will be available through April 4, 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 15, 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 six 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](http://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.