

May 17, 2007



Life Time Fitness to Support 2007 International Challenge Day in Houston

Mayor Bill White Encourages One Million Houstonians to Exercise on May 23, 2007; Citizens Invited to Workout at Life Time Fitness Locations in Houston for Free

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

Life Time Fitness, Inc. (NYSE:LTM), a national operator of distinctive and large health and fitness centers, today announced its support for Houston Mayor Bill White's International Challenge Day initiative on May 23, 2007.

In support of the Challenge Day, Life Time Fitness will provide citizens with complimentary access to all three Houston-based Life Time Fitness health, family recreation, sports, exercise and spa locations, including:

Cinco Ranch
223211 Cinco Ranch Boulevard
Katy, TX 77494
281-693-3434

Sugar Land
1331 Highway 6
Sugar Land, TX 77478
281-340-3100

Willowbrook
7717 Willowchase Boulevard
Houston, TX 77070
281-469-9300

The Houston Wellness Council and the Get Moving Houston physical fitness campaign were founded in 2005 by Mayor Bill White to advance his wellness initiatives for the City of Houston. The Wellness Council is again supporting the 2007 International Challenge Day with an effort to double last year's involvement by encouraging one million or more Houstonians to exercise on May 23. Mayor White has personally invited Houstonians to lace up their tennis shoes and join him for at least 15 minutes of exercise on this day and to report their results.

Headquartered in Eden Prairie, Minnesota, Life Time Fitness offers comprehensive health, family recreation, sports and spa facilities, which deliver the best professional exercise programs, certified specialists and state-of-the-art equipment.

"As an organization dedicated to helping individuals and families to lead a healthy and active way of life, we are excited to support Mayor White and this important initiative," said Mike Brown, Senior Vice President, Operations, Life Time Fitness. "We encourage all citizens to

get involved and to proudly represent Houston among the thousands of other cities and dozens of countries who will be participating in the Challenge Day."

The International Challenge Day is a competition that takes place simultaneously in different cities around the world. It requires groups, couples or individuals to record that they have exercised for 15 minutes or more on one given day. In 2006, there were 2,867 cities from 24 countries that participated in International Challenge Day, and the City of Houston has been involved since 2005.

Participants may report their results by sending an e-mail to challengeday2007@cityofhouston.net or leave a voicemail at 713-437-6500 no later than noon CDT on Thursday, May 24, 2007. Group leaders or coaches may report statistics for their entire class or group.

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 May 17, 2007 the Company operated 62 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 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, and may be accessed on the Web at 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.