

May 22, 2007



Life Time Fitness Supports 2007 International Challenge Day in Houston with Free Workouts

Mayor Bill White Encourages One Million Houstonians to Exercise on May 23, 2007

Life Time Fitness, Inc. (NYSE:LTM)

WHO: Residents of Houston

WHAT: "International Challenge Day" Physical Fitness Challenge

WHY: Mayor Bill White has challenged the City of Houston to "Get Moving" and Life Time Fitness will provide citizens with complimentary access its Houston-based Life Time Fitness health, family recreation, sports, exercise and spa centers.

WHEN: Wednesday, May 23, 2007

WHERE: Houston-Area Life Time Fitness centers, including;

Cinco Ranch	Sugar Land
223211 Cinco Ranch Blvd.	1331 Highway 6
Katy, TX 77494	Sugar Land, TX 77478
281-693-3434	281-340-3100

Willowbrook
7717 Willwochase Blvd
Houston, TX 77070
281-469-0300

DETAILS: 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.

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 22, 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