

September 5, 2007



Life Time Fitness Acquires White Bear Racquet & Swim Club Located in White Bear Lake, Minnesota

Becomes 25th Life Time Fitness Center in the Twin Cities and the 66th Nationally

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 Company finalized the purchase of the White Bear Racquet & Swim club in White Bear Lake, Minnesota, on September 1, 2007. The terms of the transaction were not disclosed.

"We are excited to add the White Bear Lake club, which maintains a nearly 20-year-old, proud tradition, to our family of Life Time Fitness centers," said Mike Gerend, Life Time Fitness chief operating officer. "In doing so, we have extended our geographic reach in the Twin Cities area, which not only delivers added flexibility and convenience to our existing members, but also, provides us with a tremendous opportunity to extend our full range of healthy-way-of-life programming, services and products to a new set of consumers in White Bear Lake and surrounding communities."

Located at 4800 White Bear Parkway in White Bear Lake, the approximately 59,000 square foot club becomes the 25th Life Time Fitness center in the Twin Cities and the 66th nationally. Following the ownership transition, the White Bear center remains open with continued operations. Former White Bear employees have been extended opportunities for ongoing employment with Life Time Fitness.

For a complete listing of Life Time Fitness locations in the Twin Cities and nationally, please visit lifetimefitness.com.

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 September 5, 2007 the Company operated 66 centers in 15 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and four preview locations in existing and new markets.

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).

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Source: Life Time Fitness, Inc.