

September 11, 2008



Premier Place Life Time Athletic to Host VIP Celebration on September 16

Life Time Fitness, Inc. (NYSE: LTM):

WHAT: VIP Celebration on Tuesday, September 16, 2008. The doors open at 6:45 p.m. at the Premier Place Life Time Athletic club.

WHERE: Premier Place Life Time Athletic
5910 N. Central Expressway
Dallas, TX 75206
Phone number: 214-624-5800

WHEN: Tuesday, September 16, 2008, 7:00 p.m. to 9:00 p.m.

WHY: The VIP Preview Celebration will feature a special ribbon-cutting along and champagne toast along with live music by Doug Segree (dougsegree.com). The event will also feature demonstrations and tours of the newly refurbished, state-of-the-art health and fitness center.

Premier Life Time Athletic brings an unequaled set of features and amenities to the community, including:

- Richly appointed Spa and Salon offering the latest in massage and relaxation therapy and comprehensive range of body, hair, nail and skin care services
- Finest in cardiovascular and resistance training equipment
- Beautifully appointed Pilates and yoga salons
- Multiple state-of-the-art aerobic and cycle studios
- Child care center complete with play areas, a computer center, a TV theater and rock wall
- Dry saunas, steam rooms and whirlpools
- Multiple squash courts
- LifeCafe, offering nutritional food and beverage services
- LifeSpa, offering a comprehensive array of hair, nail and skin care services and therapeutic massage

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also 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. As of September 11, 2008, Life Time Fitness operated 76 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Note To Editors:

Please contact Kent Wipf at 952-229-7211 for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.