

April 21, 2010



## **Life Time Fitness to Present at the Barclays Capital 2010 Retail & Restaurants Conference**

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE: LTM) today announced today that Michael Robinson, executive vice president and chief financial officer, will present at the Barclays Capital 2010 Retail & Restaurants Conference. Kenneth Cooper, vice president of finance, also will attend on behalf of the Company.

The Conference will be held April 28-29, 2010, at the Crowne Plaza Hotel Times Square Manhattan in New York. The Life Time Fitness presentation will occur at 3:15 p.m. ET on Wednesday, April 28, 2010.

The presentation 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 June 26, 2010.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is a healthy way of life company based in Chanhassen, Minnesota. The Company is dedicated to providing a comprehensive array of programs and services that help its members connect and engage with their areas of interest, and achieve success with their health and fitness goals. Life Time Fitness designs and operates distinctive, multi-use sports, professional fitness, family recreation and spa/resort centers that help members lead healthy and active lives. As of April 21, 2010, the Company operated 87 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at [lifetimefitness.com](http://lifetimefitness.com).

Source: Life Time Fitness, Inc.