

November 15, 2010



Life Time Fitness Chairman and CEO to Share Perspective on and Commitment to Impact Children's Health and Nutrition Crisis

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

What: Life Time Fitness, Inc. (NYSE: LTM) Chairman, President, CEO and Founder, Bahram Akradi, will provide commentary on the large and growing health crisis facing children, along with details of the Healthy Way of Life Company's commitment to positively impact children's health and wellness. Through its Life Time Kids business and the Life Time Fitness Foundation, the Company plans to launch a range of programs and services, both inside and outside of its centers, designed to support children, parents, schools and communities when it comes to awareness and the need for radical change and the adoption of healthy behaviors.

When: Thursday, November 18, 2010 -- 1:30 p.m.

Where: The Depot Minneapolis
225 South Third Avenue
Minneapolis, MN 55401
612-375-1700

Additional details: Akradi will be available for interviews post-conference. Please contact Karen Jayne Leinberger at 952-229-7162 or kleinberger@lifetimfitness.com for more information about the event.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is The Healthy Way of Life Company based in Chanhassen, Minnesota. The Company is dedicated to providing certified experts along with best-in-class, healthy lifestyle businesses, 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 November 15, 2010, the Company operated 89 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at lifetimfitness.com.

Source: Life Time Fitness, Inc.