

April 1, 2011



Company Profile for Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health and fitness goals by engaging in their areas of interest or discovering new passions both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. As of April 2011, the Company operated 90 centers under the LIFE TIME FITNESS^(R) and LIFE TIME ATHLETICSM brands primarily in suburban locations in 20 states and 24 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Company: Life Time Fitness, Inc.

Headquarters Address: 2902 Corporate Place
Chanhassen, MN 55317

Main Telephone: 952-947-0000

Website: www.lifetimefitness.com

Ticker: LTM (NYSE)

Type of Organization: Public

Industry: Fitness & Nutrition

Key Executives: CEO: Bahram Akradi

Executive Vice President, Operations: Jeff Zwiefel

CFO: Michael Robinson

Public Relations

Contact: Karen Jayne Leinberger

Phone: 952-229-7162

Email: kleinberger@lifetimefitness.com

Investor Relations

Contact: John Heller

Phone: 952-229-7427

Email: ir@lifetimefitness.com

Source: Life Time Fitness, Inc.