

June 22, 2011



Life Time Fitness to Present at the Oppenheimer 11th Annual Consumer Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE:LTM), The Healthy Way of Life Company, today announced today that Michael Robinson, executive vice president and chief financial officer, will present at the Oppenheimer 11th Annual Consumer Conference. John Heller, senior director of investor relations and treasurer, also will attend on behalf of the Company.

The Conference will be held June 28-29, 2011, at the Four Seasons Hotel in Boston, Massachusetts. The Life Time Fitness presentation will occur at 10:10 a.m. ET on Wednesday, June 29, 2011.

The presentation will be webcast and may be accessed via the Company's Investor Relations section of its website at lifetimefitness.com. A replay of the presentation will be available through September 27, 2011.

About 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 June 22, 2011, the Company operated 92 centers under the LIFE TIME FITNESS(R) and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness, Inc.