

June 6, 2012



Life Time Fitness to Present at William Blair 32nd Annual Growth Stock Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE:LTM), The Healthy Way of Life Company, today announced that Bahram Akradi, chairman, president and chief executive officer, and Michael Robinson, executive vice president and chief financial officer, will present at the William Blair 32nd Annual Growth Stock Conference. John Heller, senior director of investor relations, also will attend on behalf of the Company.

The Conference will be held June 12-14, 2012, at the Four Seasons Hotel in Chicago. The Life Time presentation will occur on June 13 at 10:00 a.m. CT. 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 Wednesday, September 12, 2012.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of June 6, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness, Inc.

Investor Contact:

John Heller, 952-229-7427

ir@lifetimefitness.com

or

Media Contact:

Jason Thunstrom, 952-229-7435

pr@lifetimefitness.com

Source: Life Time Fitness, Inc.