

June 6, 2013



Life Time Fitness to Present at William Blair 33rd Annual Growth Stock Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)-- [Life Time – The Healthy Way of Life Company](#) (NYSE: [LTM](#)), 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 33rd 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 11-13, 2013 at the Four Seasons Hotel in Chicago. The Life Time presentation will occur on June 11 at 10:10 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 Friday, August 30, 2013.

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, 2013, the Company operated 106 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at [lifetimefitness.com](#).

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Source: Life Time Fitness, Inc.