

January 2, 2008



New Life Time Fitness Parker to Host VIP Celebration on January 8, 2008

PARKER, Colo.--(BUSINESS WIRE)--

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

WHAT: VIP Celebration on Tuesday, January 8, 2008, beginning at 6:45 p.m. for the new Life Time Fitness Parker, a Sports and Athletic, Professional Fitness, Family Recreation and Resort / Spa Center, the Company's first Colorado location.

WHERE: Life Time Fitness Parker
9250 Crown Crest Blvd.
Parker, CO 80138
Phone number: 720-842-0800

WHEN: Tuesday, January 8, 2008, 6:45 p.m. to 9:00 p.m.

WHY: The VIP Preview Celebration will feature a special ribbon-cutting along with demonstrations and tours of the new, state-of-the-art health and fitness complex.

Life Time Fitness brings an unequalled set of features and amenities to the community, including:

- Large 128,000+ square foot center with 24-hour, seven-day access
- State-of-the-art equipment, including more than 400 pieces of cardio, resistance and free-weight training equipment
- Indoor and outdoor rock-climbing walls
- Two full-size basketball courts
- Indoor turf area
- Large child center -- Amenities include a junior gymnasium, play maze, computer center, outdoor play area and separate infant play area
- Designated cycling theater with multiple video screens
- Large indoor and outdoor aquatics centers featuring waterslides, two zero-depth recreation pools, a lap pool, children's pools and an outdoor bistro
- Multiple group fitness studios with a wide range of free programming for members
- Team of certified Personal Trainers and services for all

fitness levels and ages

- Dry saunas, steam rooms and whirlpools
- LifeCafe, offering nutritional food and beverage services
- LifeSpa, offering a comprehensive array of hair, nail and skin care services and therapeutic massage

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large sports and athletic, professional fitness, family recreation and resort/spa centers. As of January 2, 2008 the Company operated 70 centers in 15 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and four preview locations in existing and new markets.

Life Time Fitness provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events, and nutritional products and supplements. Life Time Fitness is headquartered in Chanhassen, Minnesota (www.lifetimefitness.com).

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Note To Editors:

Please contact Kent Wipf at 952-229-7211 for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.