

May 20, 2008



Life Time Fitness Names Scott C. Lutz Executive Vice President and Chief Marketing Officer

CHANHASSEN, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE:LTM) announced today that it has appointed Scott C. Lutz to the position of executive vice president and chief marketing officer, effective May 19, 2008. Lutz joins Life Time Fitness from Best Buy Co., Inc. where he served as senior vice president of New Business Development and Marketing since 2006.

Lutz has held executive management roles at leading packaged goods companies, including Procter & Gamble, General Mills and ConAgra. He served as president and chief operating officer of ConAgra's Snacks Division and chief executive officer of 8th Continent L.L.C., a General Mills-DuPont health & wellness joint venture.

Lutz began his management career in manufacturing operations for Procter & Gamble, where he also held several broader roles in marketing and general management. He brings extensive new business development experience to Life Time Fitness, having served as vice president and general manager of New Enterprises at General Mills, where he led the launches of many successful new product initiatives. Lutz also has held entrepreneurial startup roles, including serving on the executive management team for SunMilk Dairy Co., a venture capital-backed dairy venture, and he brings international management experience having also worked in both Italy and Canada.

In his new role, Lutz holds direct leadership responsibility for all Life Time Fitness marketing operations, including strategy development, planning and execution on behalf of the Company's growing, national base of sports and athletic, professional fitness, family recreation and resort/spa centers, as well as its portfolio of in-center and complementary businesses. He reports to Michael Gerend, Life Time Fitness president and chief operating officer.

"Scott's extensive marketing, branding, sales and business operations experience bolsters our strong, seasoned executive management team," said Gerend. "In keeping with the continued, rapid growth of our company, we are excited to leverage his considerable experience and impressive track record of innovation, financial and operations leadership successes, and passion for building and leading strong teams."

Lutz holds a Bachelor of Sciences degree in Chemical Engineering from the University of Missouri. He has been a frequent guest lecturer and speaker on the topics of marketing, new business development, innovation and consumer intimacy at leading universities, including Northwestern, UCLA and the University of Chicago. Additionally, he has served as an adjunct professor at the University of St. Thomas, teaching an MBA course on New Wealth Creation.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also 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. As of May 20, 2008, Life Time Fitness operated 72 centers in 16 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and five preview locations in existing and new markets. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.