

November 3, 2008



Life Time Fitness Westminster Set to Open Wednesday, November 12

Club Is The Company's Second Colorado Location Company to Host VIP Preview Celebration on November 11

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

Life Time Fitness, Inc. (NYSE: LTM) today announced that the Grand Opening of its newest sports and athletic, professional fitness, family recreation and resort-spa center in Westminster, Colorado, will occur Wednesday, November 12, 2008, at 5:00 a.m. This is the Company's second location in the Denver area, joining the Parker location that opened earlier this year.

Additionally, Life Time Fitness members, area residents and special guests will take part in a special VIP preview celebration and ribbon cutting ceremony on Tuesday, November 11, 2008, beginning at 7:00 p.m. The event will offer tours of the distinctive, category redefining facility and feature opportunities to experience program demonstrations and activities.

In keeping with the Company's commitment to help members achieve and lead healthy and active ways of life, Life Time Fitness Westminster offers a comprehensive array of family sports and recreation, health and fitness, and resort-spa amenities, programming and services, supported by a team of certified fitness and nutrition specialists.

Life Time officials commented on its second opening in Colorado. "We are proud to be a part of the Westminster community and to serve consumers with this incredible facility and associated healthy way of life programs and services, which are enveloped in a luxurious, resort-like environment," said Mike Gerend, president and chief operating officer, Life Time Fitness. "We aim to address the health and fitness needs of the entire family, while delivering unprecedented experiences and value, making Life Time Fitness the ultimate destination for individuals and families seeking healthy, active lives."

Among the multitude of Life Time Fitness Westminster amenities are more than 400 pieces of state-of-the-art cardiovascular and resistance equipment, multiple group exercise, cycle, Pilates and yoga studios, a team of certified personal trainers and programming, a wide selection of adult and youth programs and activities, an indoor rock climbing cavern, two full-size basketball courts, and dry saunas. The facility also features indoor and outdoor water parks with multiple pools.

Families will appreciate Life Time Fitness' large, interactive child center, featuring a play maze, junior basketball court, computer lab, children's activity areas, and a separate infant playroom. Dedicated family dressing rooms also are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair,

nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in healthy food and beverage services.

Life Time Fitness provides 24 hour access, complimentary towel and locker service, and an initial 30-day money-back guarantee with no long-term membership contracts.

For more information about Life Time Fitness Westminster, please visit www.lifetimefitness.com/westminster/

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 November 3, 2008, Life Time Fitness operated 79 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. 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.

Note to Editors:

Life Time Fitness Westminster is located at 397 W. 148th Ave., Westminster, CO 80020.

The center's telephone number is 303-429-8000.

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

Source: Life Time Fitness, Inc.