

June 22, 2010



Life Time Fitness to Present at the Oppenheimer 10th Annual Consumer, Gaming, Lodging & Leisure Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE: LTM) today announced that Michael Robinson, executive vice president and chief financial officer, will present at the Oppenheimer 10th Annual Consumer, Gaming, Lodging & Leisure Conference. Kenneth Cooper, vice president of finance, also will attend on behalf of the Company.

The Conference will be held June 29-30, 2010, at the Four Seasons Hotel in Boston. The Life Time Fitness presentation will occur at 1:35 p.m. ET on Tuesday, June 29, 2010.

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 September 28, 2010.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is a healthy way of life company based in Chanhassen, Minnesota. The Company is dedicated to providing programs and services that help its members connect and engage with their areas of interest, and achieve success with their health and fitness goals. Life Time Fitness designs and operates distinctive, multi-use sports, professional fitness, family recreation and spa/resort centers that help members lead healthy and active lives. As of June 22, 2010, the Company operated 88 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at www.lifetimefitness.com.

Source: Life Time Fitness, Inc.