

April 17, 2007



Life Time Fitness Cary Grand Opening Celebration Set for Thursday, May 10

Marks Company's First Distinctive and Large Health and Fitness Center in North Carolina; Will Deliver 24-Hour Sports and Athletic, Professional Fitness, Family Recreation and Resort/Spa Programming for Entire Family

EDEN PRAIRIE, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE:LTM), a national operator of distinctive and large health and fitness centers, today announced that its newest sports and athletic, professional fitness, family recreation and resort/spa center, in Cary, North Carolina, will host a Grand Opening celebration on Thursday, May 10, 2007, beginning at 6:45 p.m.

Community officials and Life Time Fitness representatives will host a special ribbon-cutting ceremony and welcome several thousand new members, along with area residents to tour the new health and fitness resort. The event also will feature multiple program demonstrations and activities for kids.

The new location represents one of the Company's large centers with 24-hour access to more than 400 pieces of state-of-the-art cardio, resistance and free-weight training equipment. Additionally, Life Time Fitness has no long-term contracts and all memberships include a 30-day money back guarantee.

Life Time Fitness officials commented on what will be the Company's first Life Time Fitness location in the North Carolina. "Each of our centers are uniquely designed with the member experience in mind," said Mike Brown, senior vice president, Operations, Life Time Fitness. "Our commitment is to meet the health and fitness needs of the entire family while delivering a 'WOW' experience to our guests each and every time they visit Life Time Fitness Cary. Far more than a typical health club, we are an essential destination for those families seeking a healthy and active way of life."

Life Time Fitness Cary amenities include multiple, state-of-the-art group fitness and spinning studios with free classes, a team of certified personal trainers and programming. In addition, a wide selection of adult and youth programs and activities, rock climbing walls, two full-size basketball courts, squash and racquetball courts, designated yoga and Pilates studios, dry sauna and free towels and lockers are available. The center also sports large indoor and outdoor aquatics centers, featuring multiple, two-story waterslides, two large, zero-depth recreation pools, a lap pool and children's interactive play area, two whirlpools and an outdoor bistro.

Families will appreciate Life Time Fitness' amazing child center, featuring a play maze, separate infant playroom, basketball court, a computer lab, and numerous other children's

activities. Dedicated family locker 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 quick-service nutritional food and beverage services.

Life Time Fitness Cary will officially open for workouts at 5:00 a.m. on Friday, May 11. The new center is located at 1700 Regency Parkway, Cary, NC 27518. For more information about Life Time Fitness Cary, please visit lifetimefitness.com/cary/.

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 April 17, 2007 the Company operates 61 centers in 13 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Ohio, Texas, Utah and Virginia. The Company also operates two satellite facilities and five preview locations in existing and new markets. Additionally, 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 Eden Prairie, Minnesota (www.lifetimefitness.com). LIFE TIME FITNESS, the LIFE TIME FITNESS logo, and EXPERIENCE LIFE 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 Cary is located at 1700 Regency Parkway, Cary, NC 27518

The Center's telephone number is 919-467-7779.

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

Source: Life Time Fitness, Inc.