

April 20, 2007



Life Time Fitness to Announce Expansion of Groundbreaking National Triathlon Series

Texas and Life Time Fitness Officials to Unveil 2007 Series Schedule and Prize Purse

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

WHAT: 2007 Life Time Fitness Triathlon Series Press Conference

WHY: Texas officials will join Life Time Fitness in announcing an expansion to the official Triathlon Series, which currently includes the four most prominent Olympic-distance triathlon events in Minneapolis, New York, Chicago, and Los Angeles. The 2007 Life Time Fitness Triathlon Series schedule and prize purse details also will be announced.

WHO: The event will feature remarks by Dallas Deputy Mayor Pro Tem Dr. Elba Garcia, DeSoto Mayor Michael Hurtt, Cedar Hill Mayor Rob Franke, Life Time Fitness Chairman and Chief Executive Officer Bahram Akradi, and other Life Time Fitness Triathlon Series partners.

WHEN: Friday, April 27, 2007 - 10:00 a.m.

WHERE: Folsom Room - Reunion Arena, Dallas, TX
Media parking located in Lot B.

About the Life Time Fitness Triathlon Series

In groundbreaking fashion, the Life Time Fitness Triathlon Series launched in 2006 and created the first-ever connection among the four most prominent Olympic-distance triathlon events in the United States. The Life Time Fitness Triathlon (lfttriatlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Accenture Chicago Triathlon (chicagotriathlon.com) is produced by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (nyctri.com) is produced by Korff Enterprises. For more information, visit the respective event Web sites.

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 20, 2007, the Company operated 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.

Source: Life Time Fitness, Inc.