

April 24, 2007



Life Time Fitness to Present at Lehman Brothers Tenth Annual Retail Conference

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

Life Time Fitness, Inc. (NYSE:LTM), a national operator of distinctive and large health and fitness centers, announced today that Michael Robinson, Life Time Fitness executive vice president and chief financial officer, will present at the Lehman Brothers Tenth Annual Retail Conference. Kenneth Cooper, Life Time Fitness senior finance director, also will attend on behalf of the Company.

The Conference will be held May 1-2, 2007, at The St. Regis Hotel in New York, New York. Life Time Fitness' presentation will occur at 3:15 p.m. EDT on Tuesday, May 1.

Additionally, the presentation will be Web cast and may be accessed via the Company's Investor Relations section of its Web site at www.lifetimefitness.com. A replay of the presentation will be available through August 1, 2007.

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 24, 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, and may be accessed on the Web at 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.