

August 23, 2007



Life Time Fitness Files Registration Statement for Sale of Common Stock

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 it filed a shelf registration statement on Form S-3 under the Securities Act of 1933, as amended, with the Securities and Exchange Commission (SEC) to register the sale of the Company's common stock. The Company intends to offer 1,500,000 shares of its common stock on August 24, 2007, plus up to an additional 225,000 shares for the underwriter's over-allotment option, which may be exercised within 30 days.

The Company believes that this offering of shares may meet the anticipated demand for its common stock as a result of its inclusion in the S&P MidCap 400 index on August 24, 2007.

Net proceeds from the offering will be used to partially pay down the Company's revolving credit facility, which will reduce the Company's corresponding interest expense and increase revolver availability to fund future growth.

Credit Suisse Securities (USA) LLC will act as the sole underwriter for the offering. The Company filed a registration statement (including a prospectus) with the SEC for the common stock offering to which this communication relates. Before you invest, you should read the prospectus and other documents that the Company has filed with the SEC for more complete information about the Company and this offering. These documents are available for free by:

- Visiting EDGAR on the SEC's Web site at www.sec.gov
- Accessing the Company's Web site at lifetimefitness.com or contacting the Company via telephone at 952-229-7427
- Contacting the prospectus department of Credit Suisse Securities (USA) LLC at One Madison Avenue, New York, New York 10010-3629 or via telephone at 1-800-221-1037.

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 August 23, 2007 the Company operated 65 centers in 15 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and four preview locations in existing and new markets.

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.

Risks & Uncertainties

Certain information contained in this press release may be deemed to constitute forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Such statements are subject to certain risks and uncertainties that could cause the Company's actual results in the future to differ materially from its historical results and those presently anticipated or projected. Among these factors are completing the offering contemplated by the registration statement, using the net proceeds as described above and meeting demand for the Company's common stock, if any, resulting from inclusion in the index. Additional factors that may affect the Company's business, financial condition and results of operations are set forth in the Company's filings with the Securities and Exchange Commission. The Company cautions investors not to place undue reliance on any such forward-looking statements. Any forward-looking statement speaks only as of the date on which such statement is made, and the Company undertakes no obligation to update such statement to reflect events or circumstances arising after such date.

Source: Life Time Fitness, Inc.