

August 24, 2007



Life Time Fitness Announces Pricing of Common Stock Offering

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

Life Time Fitness, Inc. (NYSE:LTM), a national operator of distinctive and large health and fitness centers, today announced the pricing of its public offering of 1,500,000 shares of its common stock at a public offering price of \$55.40 per share. The estimated net proceeds of the offering will be approximately \$82.8 million.

In addition, Life Time Fitness has granted Credit Suisse Securities (USA) LLC, the sole underwriter, an option to purchase up to an additional 175,000 shares to cover over-allotments, if any.

This offering of the shares of common stock may be made only by means of a prospectus. Prospective investors 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.

This communication shall not constitute an offer to sell or the solicitation of an offer to buy, nor shall there be any sale of these securities in any state or jurisdiction in which such offer, solicitation or sale would be unlawful prior to registration or qualification under the securities laws of any such state or jurisdiction.

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 24, 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 prospectus, using the net proceeds as described in the prospectus, and meeting demand for the Company's common stock, if any, resulting from inclusion in the S&P MidCap 400 index. Additional factors that may affect the Company's business, financial condition and results of 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.