

May 13, 2008



Life Time Fitness to Present at the Avondale Partners Consumer Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)--

Life Time Fitness, Inc. (NYSE: LTM) announced today that Michael Gerend, president and chief operating officer, will present at the Avondale Partners Consumer Conference to be held Tuesday, May 20, 2008, at the Millennium Broadway Hotel in New York, New York. Kenneth Cooper, vice president, Finance, also will attend on behalf of the Company.

The Life Time Fitness presentation will occur at 10:30 a.m. ET on May 20. 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 20, 2008.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also 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. As of May 13, 2008, Life Time Fitness operated 72 centers in 16 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and five preview locations in existing and new markets. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES 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.