September 4, 2007

Life Time Fitness to Present at Oppenheimer 4th Annual Consumer 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 Oppenheimer 4th Annual Consumer Conference. Kenneth Cooper, Life Time Fitness senior finance director, also will attend on behalf of the Company.

The Conference will be held September 10, 2007, at the Jolly Hotel Madison Towers in New York, New York. Life Time Fitness will present at 2:15 p.m. EDT.

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 December 8, 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 September 4, 2007 the Company operated 66 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).

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Source: Life Time Fitness, Inc.