May 17, 2012

Life Time Fitness to Present at InvestMNt Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Life Time Fitness, Inc. (NYSE:LTM), The Healthy Way of Life Company, today announced that Michael Robinson, executive vice president and chief financial officer, will present at the InvestMNt Conference sponsored by the CFA Society of Minnesota. John Heller, senior director of investor relations and treasurer, also will attend on behalf of the Company.

The Conference will be held Thursday, May 24, 2012, at the Minneapolis Convention Center. The Life Time presentation will occur at 11:00 a.m. CT. The presentation will be webcast and may be accessed via the Company's Investor Relations section of its website at lifetimefitness.com. A replay of the presentation will be available through Thursday, August 23, 2012.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest – or discovering new passions – both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of May 17, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

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