

October 24, 2007



Life Time Fitness Sugarloaf Set to Open on Saturday November 10

VIP Preview Event Scheduled for Friday November 9; Sugar Loaf Location Marks Second Life Time Fitness Center in Georgia

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 the opening of its newest sports and athletic, family recreation, professional fitness and resort and spa center, Life Time Fitness Sugarloaf, will take place Saturday, November 10, 2007 at 6:00 a.m.

The Company also will host a special VIP preview celebration and ribbon cutting ceremony on Friday, November 9, 2007, beginning at 6:45 p.m. At the event, Life Time Fitness members and area residents are invited to tour the new health and fitness center and experience program demonstrations and activities.

Life Time Fitness Sugarloaf will offer comprehensive health, family recreation, sports and spa facilities that deliver a wide range of professional exercise programming, certified fitness and nutrition specialists, and hundreds of pieces of state-of-the-art equipment.

Life Time Fitness officials commented on what will be the Company's second location in the Atlanta area and the 69th center nationally. "We are excited about our growth in Georgia and about the opportunity to showcase our latest center," said Mike Gerend, Chief Operating Officer, Life Time Fitness. "Our commitment is to meet the health and fitness needs of the entire family, while delivering a consistent 'WOW' experience and an unprecedented value to our guests each and every time they visit."

Life Time Fitness Sugarloaf amenities include, multiple group exercise and cycle studios with free and fee-based classes, a team of certified personal trainers and programming, a wide selection of adult and youth programs and activities, rock climbing walls, two full-size basketball courts, authentic yoga and Pilates studios, and dry saunas. The center also offers large indoor and outdoor aquatics centers, featuring multiple, two-story waterslides, two large, zero-depth recreation pools, a lap pool and children's interactive play area, two whirlpools and an outdoor bistro.

Families will appreciate Life Time Fitness' large interactive child center, featuring a play maze, separate infant playroom, basketball court, a computer lab, and numerous other children's activities. Dedicated family locker rooms also are available.

Furthermore, members can take advantage of LifeSpa, which delivers a full range of hair, nail and skin care services, and therapeutic massage, and LifeCafe, which offers the best in quick-service nutritional food and beverage services.

Life Time Fitness also provides free towels and lockers, a 30-day money-back guarantee, and requires no long-term contracts.

For more information about Life Time Fitness Sugarloaf, please visit www.lifetimefitness.com/sugarloaf.

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 October 24, 2007 the Company operated 68 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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Note To Editors:

Life Time Fitness Sugarloaf is located at 1823 North Brown Road, Lawrenceville, GA 30043.

The center's telephone number is (678) 226-2099.

Please contact Kent Wipf at 952-229-7211 or kwipf@lifetimefitness.com for all Life Time Fitness preview, interview, photography or video requests.

Source: Life Time Fitness, Inc.