

February 1, 2007



Life Time Fitness Announces Date for Release of Fourth Quarter and Full Year 2006 Financial Results

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 the company is scheduled to release its Fourth Quarter and Full Year 2006 fiscal results on Thursday, February 15, 2007.

A conference call to discuss the results will be held at 10:00 a.m. ET. Bahram Akradi, chairman and chief executive officer, and Michael Robinson, executive vice president and chief financial officer, will host the call.

The conference call will be Web cast live and may be accessed via the Company's Investor Relations section of its Web site at lifetimefitness.com. A replay of the call will be available beginning at 1:00 p.m. ET on February 15, 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 February 1, 2007 the Company operated 60 centers in 13 states, including Arizona, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Ohio, Texas, Utah and Virginia. The Company also operates two satellite facilities and five preview locations in existing and new markets. Additionally, 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, and may be accessed on the Web at 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.

Source: Life Time Fitness, Inc.