

Life Time Fitness To Present At Bank Of America 2008 Consumer Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM) announced today that Bahram Akradi, Life Time Fitness chairman and chief executive officer, and Michael Robinson, Life Time Fitness executive vice president and chief financial officer, will present at the Bank of America 2008 Consumer Conference, to be held March 11-12, 2008, at The Palace Hotel in New York, New York. Kenneth Cooper, Life Time Fitness senior finance director, also will attend on behalf of the Company.

The Life Time Fitness presentation will occur at 8:00 a.m. (ET) on Wednesday, March 12.

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 March 28, 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 March 5, 2008, Life Time Fitness operated 71 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 www.lifetimefitness.com.

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