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New Life Time Fitness West County To Host VIP Celebration On June 5, 2008

(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE:LTM):

WHAT: VIP Celebration on Thursday, June 5, 2008, beginning at 6:45 p.m. for the new Life Time Fitness, a Sports and Athletic, Professional Fitness, Family Recreation and Resort / Spa Center, the Company's first St. Louis-area location.

WHERE: Life Time Fitness West County

3058 Clarkson Road,
Ellisville, MO 63017
Phone number: 770-495-7800

WHEN: Thursday, June 5, 2008, 6:45 p.m. to 9:00 p.m.

WHY: The VIP Preview Celebration will feature a special ribbon-cutting along with demonstrations and tours of the new, state-of-the-art health and fitness complex.

Life Time Fitness brings an unequalled set of features and amenities to the community, including:

- Large 110,000+ square foot center with 24-hour, seven-day access
- State-of-the-art equipment, including more than 400 pieces of cardio, resistance and free-weight training equipment
- Rock-climbing walls
- Two full-size basketball courts
- Large child center -- Amenities include a junior gymnasium, play maze, computer center, outdoor play area and separate infant play area
- Designated cycling theater with multiple video screens
- Large indoor and outdoor aquatics centers featuring waterslides, two zero-depth recreation pools, a lap pool, children's pools and an outdoor bistro
- Multiple group fitness studios with a wide range of free programming for members
- Team of certified Personal Trainers and services for all fitness levels and ages
- Dry saunas, steam rooms and whirlpools
- LifeCafe, offering nutritional food and beverage services
- LifeSpa, offering a comprehensive array of hair, nail and skin care services and therapeutic massage

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 May 29, 2008 the Company operated 72 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 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 Chanhassen, Minnesota (www.lifetimefitness.com).

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Note To Editors:

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

For further information: Life Time Fitness, Inc. Kent Wipf, 952-229-7211 kwipf@lifetimefitness.com or Jason Thunstrom, 952-229-7435 jthunstrom@lifetimefitness.com
