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Life Time Fitness To Present At The Morgan Keegan 2008 Equity Conference

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM) announced today that Kenneth Cooper, vice president of finance, will present at the Morgan Keegan 2008 Equity Conference to be held September 3-5, 2008, at The Peabody Hotel in Memphis.

The Life Time Fitness presentation will occur on Friday, September 5, at 8:55 a.m. CT. 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 December 1, 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 September 2, 2008, Life Time Fitness operated 74 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

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