

Life Time - The Healthy Way Of Life Company To Present At UBS Global Consumer Conference March 12

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time - The Healthy Way of Life Company (NYSE:LTM), today announced that Bahram Akradi, chairman, president and chief executive officer, and Eric Buss, executive vice president and interim chief financial officer, will present at the UBS Global Consumer Conference on March 12, 2014. John Heller, vice president of finance and investor relations, also will attend on behalf of the Company.

The Conference will be held March 12-13, 2014, at the Four Seasons Hotel in Boston. The Life Time presentation will occur on March 12 at 3:10 p.m. ET. The presentation will be webcast and may be accessed via the Company's Investor Relations section of its website at lifetimefitness.com. A replay of the presentation will be available through April 4, 2014.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest — or discovering new passions — both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of March 6, 2014, the Company operated 109 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

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