

Zahtar By Fhima Grand Opening Set For January 14

Complimentary Food and Wine Sampling to be Held from 7:00 p.m. to 9:00 p.m.

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM) today announced the January 14, 2008, opening of Zahtar by Fhima – a new fine-dining destination created for Life Time Fitness members and their guests – located within the Eden Prairie Life Time Athletic Club.

In celebration of the Grand Opening, a complimentary food and wine pairing will be held from 7:00 p.m. to 9:00 p.m. on January 14, offering guests a sampling of the restaurant's healthy Mediterranean-inspired fare, including Pomegrenade short ribs, lobster bisque, sushi rolls, sashimi and epicurean sandwiches, along with a range of award-winning wines. Sushi and cooking demonstrations will also be featured. The event will also feature the sounds of Touareg, a sensational eight-piece band who play North African music and rhythms including a fusion of traditional African music and modern Rai. As space is limited, guests are encouraged to contact 612-752-9577 for reservations.

Zahtar by Fhima represents a fusion of the rich, beautiful finishes found within Life Time Athletic clubs and a wide range culinary delights – for patrons on the go and looking for a quick meal or those wishing to enjoy a full evening of fine dining with incredible food and uncompromising service.

The restaurant boasts an elegant setting with contemporary décor along with a menu created by award-winning chef, David Fhima, including a wide range of healthy, culinary delights, complemented by impeccable service and attention to detail. The organic, trans-fat-free menu features elegant entrees that include the finest Kobe beef selections, fresh seafood and organic poultry entrees along with signature side dishes, appetizers and desserts, complemented by an award-winning wine list.

Zahtar by Fhima offers seating for 150 guests in the main dining room and offers private reservation areas, including a combined Chef's Room and wine cellar for a unique dining experience. Patio seating overlooking the Eden Prairie Life Time Athletic indoor tennis complex also is available.

In addition to the formal dining areas, the restaurant offers a sushi bar, as well as the convenience of pre-prepared sandwiches, wraps and salads, and cappuccino, espresso and coffee service. Made-to-order smoothies and shakes also are available.

A full-service bar features 200 wines, including a large organic selection and a range of specialty micro brews.

Zahtar by Fhima is open to all Life Time Fitness members and their guests for breakfast, lunch and dinner.

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 January 8, 2008 the Company operated 70 centers in 15 states, including Arizona, 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 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 and supplements. Life Time Fitness is headquartered in Chanhassen, Minnesota (www.lifetimefitness.com).

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