

Life Time Fitness Announces Date for Release of Fourth Quarter and Full Year 2007 Financial Results

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE: LTM), a national operator of distinctive and large health and fitness centers, announced today that the company is scheduled to release its Fourth Quarter and Full Year 2007 fiscal results on Friday, February 22, 2008.

A conference call to discuss the results will be held at 10:00 a.m. ET. Bahram Akradi, chairman and chief executive officer, Michael Robinson, executive vice president and chief financial officer, and Ken Cooper, senior director of finance, will host the call.

The conference call will be Web cast live and may be accessed via the Company's Investor Relations section of its Web site at lifetimefitness.com. A replay of the call will be available beginning at approximately 1:00 p.m. ET on February 22, 2008.

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 February 7, 2008 the Company 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 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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