

LIFE TIME FITNESS INC
Form 4
June 21, 2007

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Gerend Michael J

(Last) (First) (Middle)

6442 CITY WEST PARKWAY

(Street)

EDEN PRAIRIE, MN 55344

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

LIFE TIME FITNESS INC [LTM]

3. Date of Earliest Transaction (Month/Day/Year)

06/19/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

Exec. V.P. and C.O.O.

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock ⁽¹⁾	06/19/2007		M		37,500 A \$ 8	59,022	D
Common Stock ⁽¹⁾	06/19/2007		S		14,500 D \$ 53	44,522	D
Common Stock ⁽¹⁾	06/19/2007		S		1,700 D \$ 53.01	42,822	D
Common Stock ⁽¹⁾	06/19/2007		S		2,100 D \$ 53.02	40,722	D
Common Stock ⁽¹⁾	06/19/2007		S		2,000 D \$ 53.03	38,722	D

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Common Stock <u>(1)</u>	06/19/2007	S	1,300	D	\$ 53.1	37,422	D
Common Stock <u>(1)</u>	06/19/2007	S	500	D	\$ 53.11	36,922	D
Common Stock <u>(1)</u>	06/19/2007	S	1,400	D	\$ 53.15	35,522	D
Common Stock <u>(1)</u>	06/19/2007	S	300	D	\$ 53.16	35,222	D
Common Stock <u>(1)</u>	06/19/2007	S	300	D	\$ 53.17	34,922	D
Common Stock <u>(1)</u>	06/19/2007	S	100	D	\$ 53.18	34,822	D
Common Stock <u>(1)</u>	06/19/2007	S	100	D	\$ 53.19	34,722	D
Common Stock <u>(1)</u>	06/19/2007	S	4,000	D	\$ 53.2	30,722	D
Common Stock <u>(1)</u>	06/19/2007	S	1,200	D	\$ 53.21	29,522	D
Common Stock <u>(1)</u>	06/19/2007	S	100	D	\$ 53.22	29,422	D
Common Stock <u>(1)</u>	06/19/2007	S	1,400	D	\$ 53.23	28,022	D
Common Stock <u>(1)</u>	06/19/2007	S	200	D	\$ 53.24	27,822	D
Common Stock <u>(1)</u>	06/19/2007	S	1,600	D	\$ 53.25	26,222	D
Common Stock <u>(1)</u>	06/19/2007	S	600	D	\$ 53.27	25,622	D
Common Stock <u>(1)</u>	06/19/2007	S	1,500	D	\$ 53.28	24,122	D
Common Stock <u>(1)</u>	06/19/2007	S	300	D	\$ 53.29	23,822	D
Common Stock <u>(1)</u>	06/19/2007	S	2,200	D	\$ 53.3	21,622	D
Common Stock <u>(1)</u>	06/19/2007	S	100	D	\$ 53.31	21,522	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Option (right to buy) ⁽¹⁾	\$ 8	06/19/2007		M	37,500	⁽²⁾ 03/01/2013	Common Stock	37,500

Reporting Owners

Reporting Owner Name / Address	Relationships
Gerend Michael J 6442 CITY WEST PARKWAY EDEN PRAIRIE, MN 55344	Director 10% Owner Officer Other Exec. V.P. and C.O.O.

Signatures

/s/ Amy C. Seidel on behalf of Michael J. Gerend 06/21/2007

**Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The option exercise and stock sales reported in the Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 8, 2007.
- (2) The option vests as to 20% of these shares annually beginning on March 1, 2004, subject to accelerated vesting upon a change of control.
- (3) Not applicable.

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