LIFE TIME FITNESS INC

Form 4

March 01, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Akradi Bahram			2. Issuer Name and Ticker or Trading Symbol LIFE TIME FITNESS INC [LTM]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(Last) (First) (Middle)		3. Date of Earliest Transaction	(Check an applicable)		
6442 CITY WEST PARKWAY		WAY	(Month/Day/Year) 03/01/2006	_X_ Director _X_ 10% Owner _X_ Officer (give title Other (specify below) Chairman, President and CEO		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Che		
EDEN PRAIR	IE, MN 553	44	Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tabl	e I - Non-D	Derivative S	Securi	ties Acqu	ired, Disposed of	, or Beneficial	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securities Acquired ction(A) or Disposed of (D) (Instr. 3, 4 and 5) 8) (A) or		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)	
Common Stock (1)	03/01/2006		Code V M	Amount 62,500	(D)	Price \$ 18.5	4,283,500	D	
Common Stock (1)	03/01/2006		S	6,900	D	\$ 42	4,276,600	D	
Common Stock (1)	03/01/2006		S	1,600	D	\$ 42.01	4,275,000	D	
Common Stock (1)	03/01/2006		S	500	D	\$ 42.02	4,274,500	D	
Common Stock (1)	03/01/2006		S	5,800	D	\$ 42.05	4,268,700	D	

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Common Stock (1)	03/01/2006	S	200	D	\$ 42.06 4,268,500	D
Common Stock (1)	03/01/2006	S	4,700	D	\$ 42.07 4,263,800	D
Common Stock (1)	03/01/2006	S	1,800	D	\$ 42.09 4,262,000	D
Common Stock (1)	03/01/2006	S	9,800	D	\$ 42.1 4,252,200	D
Common Stock (1)	03/01/2006	S	1,600	D	\$ 42.11 4,250,600	D
Common Stock (1)	03/01/2006	S	7,200	D	\$ 42.12 4,243,400	D
Common Stock (1)	03/01/2006	S	1,800	D	\$ 42.13 4,241,600	D
Common Stock (1)	03/01/2006	S	6,600	D	\$ 42.14 4,235,000	D
Common Stock (1)	03/01/2006	S	8,400	D	\$ 42.15 4,226,600	D
Common Stock (1)	03/01/2006	S	600	D	\$ 42.16 4,226,000	D
Common Stock (1)	03/01/2006	S	1,300	D	\$ 42.17 4,224,700	D
Common Stock (1)	03/01/2006	S	1,200	D	\$ 42.18 4,223,500	D
Common Stock (1)	03/01/2006	S	1,600	D	\$ 42.19 4,221,900	D
Common Stock (1)	03/01/2006	S	900	D	\$ 42.2 4,221,000	D

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

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SEC 1474 (9-02)

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of	8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orDerivative	Expiration Date	Underlying Securities	I
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	5
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired (A)			(
	Derivative				or Disposed of			
	Security				(D)			
					(Instr. 3, 4,			

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and 5)

			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy) (1)	\$ 18.5	03/01/2006	M			62,500	(2)	06/29/2014	Common Stock	62,500

Reporting Owners

Reporting Owner Name / Address		Relationships					
Toporous o who i want, i was one	Director	10% Owner	Officer	Other			
Akradi Bahram 6442 CITY WEST PARKWAY EDEN PRAIRIE, MN 55344	X	X	Chairman, President and CEO				

Signatures

/s/ Amy Seidel on behalf of Bahram Akradi 03/01/2006

**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 this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on February 23, 2006.
- (2) See attached Exhibit 99.
- (3) Not applicable.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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