Robinson Michael R Form 4 August 26, 2009

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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subject to Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

if no longer

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person ** Robinson Michael R			2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	LIFE TIME FITNESS INC [LTM] 3. Date of Earliest Transaction	(Check all applicable)			
2902 CORPO	2902 CORPORATE PLACE		(Month/Day/Year) 08/24/2009	Director 10% OwnerX_ Officer (give title Other (specify below) Exec. Vice President and C.F.O			
(Street) CHANHASSEN, MN 55317			4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acc	Person quired, Disposed of, or Beneficially Owned			

(City)	(State)	(Zip) Tabl	e I - Non-D	Derivative S	Securi	ties Acqu	iired, Disposed of	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4)	sposed	of (D)	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)	08/24/2009		S	4,170	D	\$ 30.02 (2)	187,726	D	
Common Stock (1)	08/25/2009		S	7,530	D	\$ 30 (3)	180,196	D	
Common Stock (1)	08/26/2009		S	7,800	D	\$ 30	172,396	D	
Common Stock	08/26/2009		M	12,500	A	\$8	184,896	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 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. Transactic Code (Instr. 8)	5. Number of orDerivative 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 8	08/26/2009		M	12,500	<u>(4)</u>	03/13/2017	Common Stock	12,500

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Robinson Michael R 2902 CORPORATE PLACE CHANHASSEN, MN 55317

Exec. Vice President and C.F.O

Signatures

/s/ Amy C. Seidel on behalf of Michael R. Robinson

08/26/2009

**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 stock sales reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on June 5, 2009. The sales reported on this Form 4 conclude the transactions contemplated by the Rule 10b5-1 trading plan.
- Reflects the weighted average price of 4,170 shares of Common Stock of Life Time Fitness, Inc. sold by the reporting person in multiple transactions on August 24, 2009 with sale prices ranging from \$30.00 to \$30.10 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares purchased or sold at each separate price.
- (3) Reflects the weighted average price of 7,530 shares of Common Stock of Life Time Fitness, Inc. sold by the reporting person in multiple transactions on August 25, 2009 with sale prices ranging from \$30.00 to \$30.01 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information

Reporting Owners 2

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regarding the number of shares purchased or sold at each separate price.

- (4) The option vested as to 20% of the shares annually beginning on March 13, 2003, subject to accelerated vesting upon a change of control.
- (5) 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.