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

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

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *
Akradi Bahram

(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)
03/01/2006

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

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
__X__ Director __X__ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
Chairman, President and CEO

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ 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	(A) or (D)	Price			
Common Stock (1)	03/01/2006		M		62,500	A	$ 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	

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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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,	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8 D S (I

				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			
	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.
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