#### LIFE TIME FITNESS INC

Form 4

November 01, 2007

### FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

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**OMB APPROVAL** 

Form 4 or Form 5 obligations may continue.

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

burden hours per response...

Estimated average

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Akradi Bahram			2. Issuer Name <b>and</b> Ticker or Trading Symbol LIFE TIME FITNESS INC [LTM]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check an applicable)				
6442 CITY WEST PARKWAY			(Month/Day/Year) 10/30/2007	_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(Check				
EDEN PRAIRIE, MN 55344			Filed(Month/Day/Year)	Applicable Line)  X_ Form filed by One Reporting Person  Form filed by More than One Reporting  Person				

# (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of 2. Transaction Date 2A. Deemed 3. 4. Securities Acquired 5. Amount of 6. Ownership 7. Nature of Security (Month/Day/Year) Execution Date, if Transaction(A) or Disposed of (D) Securities Form: Direct Indirect (Jactar 2) A and 5 (D) or Paraficially (D)

1.110001	2. Transaction Date	ZA. Decilieu	э.	4. Securities Acquired		3. Alliount of	o. Ownership	7. Ivalule of	
Security	(Month/Day/Year)	Execution Date, if	Transactio	n(A) or Di	ispose	d of (D)	Securities	Form: Direct	Indirect
(Instr. 3)		any	Code	(Instr. 3, 4 and 5)		Beneficially	(D) or	Beneficial	
		(Month/Day/Year)	(Instr. 8)			Owned	Indirect (I)	Ownership	
		` ,					Following	(Instr. 4)	(Instr. 4)
							Reported	,	
					(A)		Transaction(s)		
					or		(Instr. 3 and 4)		
			Code V	Amount	(D)	Price	(Ilisti. 3 aliu 4)		
Common						\$			
	10/30/2007		S	300	D	61.65	4,183,200	D	
Stock						01.03			
Common						\$			
	10/30/2007		S	700	D		4,182,500	D	
Stock						61.78			
Common									
Common	10/31/2007		S	2,500	D	\$ 59.3	4,180,000	D	
Stock				_,		7 0 / 10	.,,		
C						Φ			
Common	10/31/2007		S	300	D	\$	4,179,700	D	
Stock	10/31/2007		S	300		59.31	1,17,700	D	
Common	10/31/2007		S	100	D	\$	4,179,600	D	
Stock	10/31/2007		S	100	ט	59.32	4,179,000	D	

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Common Stock	10/31/2007	S	1,000	D	\$ 59.34	4,178,600	D
Common Stock	10/31/2007	S	1,000	D	\$ 59.35	4,177,600	D
Common Stock	10/31/2007	S	100	D	\$ 59.75	4,177,500	D
Common Stock	10/31/2007	S	7,600	D	\$ 60	4,169,900	D
Common Stock	10/31/2007	S	1,000	D	\$ 60.08	4,168,900	D
Common Stock	10/31/2007	S	1,000	D	\$ 60.1	4,167,900	D
Common Stock	10/31/2007	S	4,000	D	\$ 60.13	4,163,900	D
Common Stock	10/31/2007	S	1,000	D	\$ 60.14	4,162,900	D
Common Stock	10/31/2007	S	1,900	D	\$ 60.15	4,161,000	D
Common Stock	10/31/2007	S	2,000	D	\$ 60.16	4,159,000	D
Common Stock	10/31/2007	S	500	D	\$ 60.17	4,158,500	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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	2. Conversion	3. Transaction Date (Month/Day/Year)		4. Transacti	5. orNumber	6. Date Exerc Expiration D		7. Tit		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8)	of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	(Month/Day/ e		Under	rlying	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

### **Reporting Owners**

Reporting Owner Name / Address

Director 10% Owner Officer Other

Akradi Bahram

6442 CITY WEST PARKWAY X X Chairman, President and CEO

EDEN PRAIRIE, MN 55344

### **Signatures**

/s/ Amy C. Seidel on behalf of Bahram Akradi 11/01/2007

\*\*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).

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.

Reporting Owners 3