

LIFE TIME FITNESS INC
Form 4
November 22, 2006

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
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)

11/21/2006

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)

Chairman, President and CEO

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 Ownership (Instr. 4)
				Code V	Amount (A) or Price (D)		
Common Stock	11/21/2006		S	300	D \$ 50.83	4,270,700	D
Common Stock	11/21/2006		S	300	D \$ 50.84	4,270,400	D
Common Stock	11/21/2006		S	1,000	D \$ 50.85	4,269,400	D
Common Stock	11/21/2006		S	500	D \$ 50.86	4,268,900	D
Common Stock	11/21/2006		S	1,600	D \$ 50.87	4,267,300	D

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Common Stock	11/21/2006	S	800	D	\$ 50.89	4,266,500	D
Common Stock	11/21/2006	S	3,700	D	\$ 50.9	4,262,800	D
Common Stock	11/21/2006	S	3,900	D	\$ 50.91	4,258,900	D
Common Stock	11/21/2006	S	2,800	D	\$ 50.92	4,256,100	D
Common Stock	11/21/2006	S	3,200	D	\$ 50.93	4,252,900	D
Common Stock	11/21/2006	S	200	D	\$ 50.94	4,252,700	D
Common Stock	11/21/2006	S	700	D	\$ 50.95	4,252,000	D
Common Stock	11/22/2006	S	400	D	\$ 50.6	4,251,600	D
Common Stock	11/22/2006	S	800	D	\$ 50.69	4,250,800	D
Common Stock	11/22/2006	S	600	D	\$ 50.71	4,250,200	D
Common Stock	11/22/2006	S	1,200	D	\$ 50.76	4,249,000	D
Common Stock	11/22/2006	S	1,000	D	\$ 50.77	4,248,000	D
Common Stock	11/22/2006	S	700	D	\$ 50.8	4,247,300	D
Common Stock	11/22/2006	S	500	D	\$ 50.86	4,246,800	D
Common Stock	11/22/2006	S	800	D	\$ 50.89	4,246,000	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 Security (Instr. 3)	2. Conversion or Exercise Price of	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene
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Derivative Security

Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)

(Instr. 3 and 4)

Owned Followed Reports Transactions (Instr. 4 and 5)

Code V (A) (D) Date Exercisable Expiration Date Title Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address

Relationships

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 11/22/2006

**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).

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.