#### LIFE TIME FITNESS INC

Form 4 July 05, 2007

# FORM 4

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

OMB APPROVAL

OMB
3235-0287

Check this box if no longer subject to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Number: January 31, 2005

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

See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Add ZWIEFEL JE	*	ing Person *	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)		(Middle)	3. Date of Earliest Transaction	(Sheeth all applicable)		
6442 CITY WEST PARKWAY		WAY	(Month/Day/Year) 07/02/2007	Director 10% OwnerX Officer (give title Other (specify below)  Sr. VP, Life Time University		
(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

		Table	: 1 - MOII-D	ciivative	secui.	ines Acqu	ili cu, Disposcu oi	, or belieficiali	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		3. Transactio Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
			Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock (1)	07/02/2007		M	1,000	A	\$8	39,543.6 <u>(2)</u>	D	
Common Stock (1)	07/02/2007		M	1,000	A	\$ 12	40,543.6	D	
Common Stock (1)	07/02/2007		M	5,000	A	\$ 18.5	45,543.6	D	
Common Stock (1)	07/02/2007		M	8,200	A	\$ 25.47	53,743.6	D	
Common Stock (1)	07/02/2007		S	100	D	\$ 53.06	53,643.6	D	

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Common Stock (1)	07/02/2007	S	400	D	\$ 53.09	53,243.6	D
Common Stock (1)	07/02/2007	S	200	D	\$ 53.1	53,043.6	D
Common Stock (1)	07/02/2007	S	700	D	\$ 53.11	52,343.6	D
Common Stock (1)	07/02/2007	S	100	D	\$ 53.12	52,243.6	D
Common Stock (1)	07/02/2007	S	100	D	\$ 53.13	52,143.6	D
Common Stock (1)	07/02/2007	S	4,000	D	\$ 53.15	48,143.6	D
Common Stock (1)	07/02/2007	S	1,300	D	\$ 53.16	46,843.6	D
Common Stock (1)	07/02/2007	S	100	D	\$ 53.17	46,743.6	D
Common Stock (1)	07/02/2007	S	300	D	\$ 53.18	46,443.6	D
Common Stock (1)	07/02/2007	S	200	D	\$ 53.19	46,243.6	D
Common Stock (1)	07/02/2007	S	900	D	\$ 53.2	45,343.6	D
Common Stock (1)	07/02/2007	S	400	D	\$ 53.23	44,943.6	D
Common Stock (1)	07/02/2007	S	300	D	\$ 53.24	44,643.6	D
Common Stock (1)	07/02/2007	S	700	D	\$ 53.25	43,943.6	D
Common Stock (1)	07/02/2007	S	1,200	D	\$ 53.26	42,743.6	D
Common Stock (1)	07/02/2007	S	300	D	\$ 53.27	42,443.6	D
Common Stock (1)	07/02/2007	S	800	D	\$ 53.28	41,643.6	D
Common Stock (1)	07/02/2007	S	100	D	\$ 53.3	41,543.6	D
Common Stock (1)	07/02/2007	S	400	D	\$ 53.31	41,143.6	D
Common Stock (1)	07/02/2007	S	200	D	\$ 53.32	40,943.6	D
	07/02/2007	S	100	D		40,843.6	D

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Common Stock (1)					\$ 53.33		
Common Stock (1)	07/02/2007	S	900	D	\$ 53.34	39,943.6	D
Common Stock (1)	07/02/2007	S	400	D	\$ 53.35	39,543.6	D
Common Stock (1)	07/02/2007	S	200	D	\$ 53.37	39,343.6	D
Common Stock (1)	07/02/2007	S	800	D	\$ 53	38,543.6	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. Transacti Code (Instr. 8)	5. Number on f Derivati Securities Acquired (A) or Disposed o (D) (Instr. 3, 4, and 5)	(Month/Day	Date	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
Common Stock (option to buy) (1)	\$ 8	07/02/2007		M	1,00	0 (3)	04/01/2013	Common Stock	1,000
Common Stock (option to buy) (1)	\$ 12	07/02/2007		M	1,00	0 (5)	12/17/2013	Common Stock	1,000
Common Stock (option to buy) (1)	\$ 18.5	07/02/2007		M	5,00	0 (6)	06/29/2014	Common Stock	5,000
Common Stock	\$ 25.47	07/02/2007		M	8,20	0 (7)	03/01/2015	Common Stock	8,200

(option to buy)  $\frac{(1)}{(1)}$ 

# **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

ZWIEFEL JEFFREY G 6442 CITY WEST PARKWAY EDEN PRAIRIE, MN 55344

Sr. VP, Life Time University

## **Signatures**

/s/ Amy C. Seidel on behalf of Jeffrey G. Zwiefel

07/05/2007

\*\*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).
- The option exercises and stock sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on June 7, 2007.
- (2) Includes 21.6 shares acquired under the employee purchase plan for period ended June 30, 2007.
- (3) The option vested as to 1,000 shares on January 1, 2007 and vests as to the remaining 1,000 shares on January 1, 2008.
- (4) Not applicable.
- (5) The option vested as to 1,000 shares on December 17, 2006 and vests as to 1,000 shares on each of December 17, 2007 and 2008.
- (6) Immediately exercisable.
- (7) The option vested as to 4,500 shares on each of March 1, 2006 and March 1, 2007 and vests as to 4,500 shares on each of March 1, 2008 and 2009.

#### **Remarks:**

This is form 1 of 2, because of line restrictions.

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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