

LIFE TIME FITNESS INC

Form 8-K

July 29, 2004

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

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**FORM 8-K**

**CURRENT REPORT  
Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934**

Date of Report (Date of earliest event reported) July 29, 2004

**Life Time Fitness, Inc.**

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(Exact name of Registrant as specified in its charter)

**Minnesota**

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**001-32230**

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**41-1689746**

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(State or other jurisdiction  
of incorporation)

(Commission File Number)

(IRS Employer  
Identification No.)

**6442 City West Parkway  
Eden Prairie, Minnesota**

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**55350**

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(Address of principal executive offices)

(Zip Code)

Registrant's telephone number, including area code **(952) 947-0000**

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Item 7. Exhibits. The following Exhibit is being furnished herewith:

Item 12. Results of Operations and Financial Condition.

SIGNATURES

EXHIBIT INDEX

Press Release

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Item 7. Exhibits. The following Exhibit is being furnished herewith:

99 Press Release dated July 29, 2004.

Item 12. Results of Operations and Financial Condition.

On July 29, 2004, Life Time Fitness, Inc. (the Company) reported its financial results for its fiscal quarter ended June 30, 2004. See the Company's press release dated July 29, 2004, which is furnished as Exhibit 99 and incorporated by reference in this Current Report on Form 8-K.

In addition to the information in the press release under the heading Non-GAAP Financial Measures, the Company provides the following additional information about the Company's use of EBITDA. The Company believes EBITDA is useful to an investor in evaluating the Company's operating performance and liquidity because:

it is a widely accepted financial indicator of a company's ability to service its debt and the Company is required to comply with certain covenants and borrowing limitations that are based on variations of EBITDA in certain of the Company's financing documents;

it is widely used to measure a company's operating performance without regard to items such as depreciation and amortization, which can vary depending upon accounting methods and the book value of assets, and to present a meaningful measure of corporate performance exclusive of the Company's capital structure and the method by which assets were acquired; and

it helps investors to more meaningfully evaluate and compare the results of the Company's operations from period to period by removing from the Company's operating results the impact of its capital structure, primarily interest expense from the Company's outstanding debt, and asset base, primarily depreciation and amortization of the Company's properties.

The Company's management uses EBITDA:

as a measurement of operating performance because it assists the Company in comparing its performance on a consistent basis, as it removes from the Company's operating results the impact of the Company's capital structure, which includes interest expense from the Company's outstanding debt, and the Company's asset base, which includes depreciation and amortization of the Company's properties;

in presentations to the members of the Company's board of directors to enable the board to have the same consistent measurement basis of operating performance used by management; and

as the basis for incentive bonuses paid to selected members of senior and center-level management.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

LIFE TIME FITNESS, INC.

Date: July 29, 2004

By /s/ Michael R. Robinson  
Michael R. Robinson  
Executive Vice President and Chief  
Financial Officer

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EXHIBIT INDEX

<b>No.</b>	<b>Exhibit</b>	<b>Manner of Filing</b>
99	Press Release dated July 29, 2004.	Filed Electronically