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Form 4											
March 15, 20	4 UNITED S			TITIES AND EXCHANGE COMMISSION Shington, D.C. 20549					OMB APPROVAL OMB 3235-0287 Number:		
Check thi if no long subject to Section 10 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	er STATEM 6. Filed purs ¹⁸ Section 17(a	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							Lanuary 31, 2005Expires:2005Estimated average burden hours per response0.5		
(Print or Type R	esponses)										
Akradi Bahram Symb			2. Issuer Name and Ticker or Trading /mbol IFE TIME FITNESS INC [LTM]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Month/			Date of Earliest Transaction Ionth/Day/Year) 5/12/2010				X Director 10% Owner X Officer (give title Other (specify below) below) Chairman, President and CEO				
			Amendment, Date Original (Month/Day/Year)				6. Individual or Joint/Group Filing(CheckApplicable Line)_X_ Form filed by One Reporting Person				
CHANHAS	SEN, MN 55317						Form filed by M Person	Iore than One Re	porting		
(City)	(State)	(Zip) T	able I - Non-D	erivative S	ecurit	ies Acc	uired, Disposed of	f, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, any (Month/Day/Ye	Code		sposed	of	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)		
Common Stock	03/12/2010		А	83,710 (1)	А	\$0	2,281,391	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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Own Follo Repo Trans (Instr
				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 2902 CORPORATE PLACE CHANHASSEN, MN 55317	Х		Chairman, President and CEO				
Signatures							
/s/ Amy C. Seidel on behalf of Bahram Akradi			03/15/2010				
<u>**</u> Signature of Reporting Perso	n		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) Grant of restricted stock under Issuer's 2004 Long-Term Incentive Plan.

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.