

FORM 4

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

OMB APPROVAL	
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person JSS LTF HOLDINGS LTD		2. Issuer Name and Ticker or Trading Symbol Life Time Group Holdings, Inc. [LTH]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____	
(Last) (First) (Middle) MARCY BUILDING, PURCELL ESTATE, P.O. BOX 2416		3. Date of Earliest Transaction (Month/Day/Year) 10/12/2021			
(Street) ROAD TOWN, TORTOLA, D8 VG1110		4. If Amendment, Date Original Filed (Month/Day/Year) 10/14/2021		6. Individual or Joint/Group Filing (Check Applicable Line) Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person <input checked="" type="checkbox"/>	
(City) (State) (Zip)		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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	10/12/2021		C		150,787	A	11	3,150,787	D (2) (3)	
Common Stock	10/12/2021		P		227,777	A	\$ 18	3,378,564	D (2) (3)	

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Series A Preferred Stock	11	10/12/2021		C		122,429		11	11	Common Stock	150,787	11	0	D (2) (3)	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
JSS LTF HOLDINGS LTD MARCY BUILDING, PURCELL ESTATE P.O. BOX 2416 ROAD TOWN, TORTOLA, D8 VG1110		X		
Colwood Investment Holding Inc. AVENIDA SAMUEL LEWIS Y CALLE 54 EDIFICIO AFRA PANAMA, R1 NA		X		
JSS Private Investments Fund I 17-21, BOULEVARD JOSEPH II LUXEMBOURG, N4 L-1840		X		
JSS Private Equity Investments Fund GP S.a.r.l. 17-21, BOULEVARD JOSEPH II LUXEMBOURG, N4 L-1840		X		
J. Safra Sarasin Fund Management (Luxembourg) S.A. 17-21, BOULEVARD JOSEPH II LUXEMBOURG, N4 L-1840		X		
J. Safra Sarasin Asset Management (Europe) Ltd 47 BERKELEY SQUARE LONDON, X0 W1J 5AU		X		
J. Safra Sarasin Holding AG WALLSTRASSE 1 BASEL, V8 4051		X		
J. Safra Holdings International (Luxembourg) S.A. 17-21, BOULEVARD JOSEPH II LUXEMBOURG, N4 L-1840		X		
J. Safra Holdings Luxembourg S.a.r.l. 17-21, BOULEVARD JOSEPH II LUXEMBOURG, N4 L-1840		X		
JS International Holdings Ltd LYFORD FINANCIAL CENTRE BUILDING 2, WESTERN ROAD CB-10988 LYFORD CAY, NEW PROVIDENCE, C5 NA		X		

Signatures

JSS LTF HOLDINGS LTD By: /s/ Daniel Wainberg Daniel Wainberg Authorized Person By: /s/ Jose Bouzas Jose Bouzas Authorized Person		12/17/2021
Signature of Reporting Person		Date
Colwood Investment Holding Inc. By: /s/ Jose Bouzas Jose Bouzas Director /s/ Israel Borba Israel Borba Director		12/17/2021
Signature of Reporting Person		Date
JSS Private Investments Fund I By: JSS Private Equity Investments Fund GP S.a.r.l, as its managing general partner By: /s/ Ronnie Neefs Ronnie Neefs Director /s/ Robert Hamidou Robert Hamidou Authorized Signatory		12/17/2021
Signature of Reporting Person		Date
JSS Private Equity Investments Fund GP S.a.r.l By: /s/ Ronnie Neefs Ronnie Neefs Director /s/ Robert Hamidou Robert Hamidou Authorized Signatory		12/17/2021
Signature of Reporting Person		Date
J. Safra Sarasin Fund Management (Luxembourg) S.A. By: /s/Ronnie Neefs Ronnie Neefs Conducting Officer /s/Robert Hamidou Robert Hamidou Authorized Signatory		12/17/2021

Signature of Reporting Person	Date
J. Safra Sarasin Asset Management (Europe) Limited By: /s/ Abigail Carroll Abigail Carroll Director /s/ Adam Chaplin Adam Chaplin Chief Operating Officer	12/17/2021
Signature of Reporting Person	Date
J. Safra Sarasin Holding AG By: /s/ Stephane Astruc Stephane Astruc Authorized Signatory /s/ Salomon Sebban Salomon Sebban Authorized Signatory	12/17/2021
Signature of Reporting Person	Date
J. Safra Holdings International (Luxembourg) S.A. By: /s/ Gonzalo Pintos Gonzalo Pintos Director /s/ Pascoal Bruno Pascoal Bruno Director	12/17/2021
Signature of Reporting Person	Date
J. Safra Holdings Luxembourg S.a.r.l. By: /s/ Gonzalo Pintos Gonzalo Pintos Manager /s/ Pascoal Bruno Pascoal Bruno Manager	12/17/2021
Signature of Reporting Person	Date
JS International Holdings Limited By: /s/ Jose Bouzas Jose Bouzas Director /s/ Israel Borba Israel Borba Director	12/17/2021
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).

(1) Each share of Series A preferred stock automatically converted into common stock upon the closing of the Issuer's initial public offering in accordance with the Certificate of Designations pertaining to the Series A preferred stock.

(2) Each of Colwood Investment Holding Inc. (as sole director of the Reporting Person), JSS Private Investments Fund I (as stockholder of the Reporting Person), JSS Private Equity Investments Fund GP S.a.r.l. (as general partner of JSS Private Investments Fund I), J. Safra Sarasin Fund M

(3) J. Safra Holdings Luxembourg S.a.r.l. (as stockholder of J. Safra Holdings International (Luxembourg) S.A.) and JS International Holdings Limited (as stockholder of J. Safra Holdings Luxembourg S.a.r.l.) (collectively, "Other Reporting Persons") may be deemed to share beneficial ow

Remarks:

Each of the the Reporting Person and Other Reporting Persons, and each of their respective directors, officers, partners, stockholders, members and managers, expressly disclaims beneficial ownership of these securities, except to the exte

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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