
SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

SCHEDULE 13D

Under the Securities Exchange Act of 1934

(Amendment No. 1)

Life Time Group Holdings, Inc.

(Name of Issuer)

Common stock, \$0.01 par value per share

(Title of Class of Securities)

53190C102

(CUSIP Number)

Joseph A. Hearn
Sullivan & Cromwell LLP, 125 Broad Street
New York, NY, 10004
(212) 558-4000

(Name, Address and Telephone Number of Person Authorized to Receive Notices and Communications)

07/30/2026

(Date of Event Which Requires Filing of This Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of §§ 240.13d-1(e), 240.13d-1(f) or 240.13d-1(g), check the following box. ☐

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

SCHEDULE 13D

CUSIP Number(s): 53190C102

1	Name of reporting person JSS LTF Holdings Ltd
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)
3	SEC use only

4	Source of funds (See Instructions) WC	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization VIRGIN ISLANDS, BRITISH	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00
11	Aggregate amount beneficially owned by each reporting person 3,378,564.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 1.5 %	
14	Type of Reporting Person (See Instructions) CO	

SCHEDULE 13D

CUSIP Number(s): 53190C102

1	Name of reporting person Colwood Investment Holding Inc.	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	
4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization PANAMA	
Number of Shares	7	Sole Voting Power

Beneficially Owned by Each Reporting Person With:		0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00
11	Aggregate amount beneficially owned by each reporting person 3,378,564.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 1.5 %	
14	Type of Reporting Person (See Instructions) CO	

SCHEDULE 13D

CUSIP Number(s):	53190C102
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1	Name of reporting person JSS Private Investments Fund I	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	
4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization LUXEMBOURG	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00

11	Aggregate amount beneficially owned by each reporting person 3,378,564.00
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐
13	Percent of class represented by amount in Row (11) 1.5 %
14	Type of Reporting Person (See Instructions) OO

SCHEDULE 13D

CUSIP 53190C102
Number(s):

1	Name of reporting person JSS Private Equity Investments Fund GP S.a.r.l	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	
4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization LUXEMBOURG	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00
11	Aggregate amount beneficially owned by each reporting person 3,378,564.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 1.5 %	
14	Type of Reporting Person (See Instructions)	

SCHEDULE 13D

CUSIP 53190C102
Number(s):

1	Name of reporting person J. Safra Sarasin Fund Management (Luxembourg) S.A.	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	
4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization LUXEMBOURG	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00
11	Aggregate amount beneficially owned by each reporting person 3,378,564.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 1.5 %	
14	Type of Reporting Person (See Instructions) CO	

SCHEDULE 13D

CUSIP 53190C102
Number(s):

1	Name of reporting person J. Safra Sarasin Asset Management (Europe) Limited	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	
4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization UNITED KINGDOM	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00
11	Aggregate amount beneficially owned by each reporting person 3,378,564.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 1.5 %	
14	Type of Reporting Person (See Instructions) CO	

SCHEDULE 13D

CUSIP Number(s):	53190C102
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1	Name of reporting person J. Safra Sarasin Holding AG	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	

4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization SWITZERLAND	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00
11	Aggregate amount beneficially owned by each reporting person 3,378,564.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 1.5 %	
14	Type of Reporting Person (See Instructions) CO	

SCHEDULE 13D

CUSIP Number(s): 53190C102

1	Name of reporting person J. Safra Holdings Luxembourg S.a.r.l.	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	
4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization LUXEMBOURG	
Number of Shares	7	Sole Voting Power

Beneficially Owned by Each Reporting Person With:		0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00
11	Aggregate amount beneficially owned by each reporting person 3,378,564.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 1.5 %	
14	Type of Reporting Person (See Instructions) CO	

SCHEDULE 13D

CUSIP Number(s):	53190C102
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1	Name of reporting person JS International Holdings Limited	
2	Check the appropriate box if a member of a Group (See Instructions) ☐ (a) ☐ (b)	
3	SEC use only	
4	Source of funds (See Instructions) AF	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization BERMUDA	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 3,378,564.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 3,378,564.00

11	Aggregate amount beneficially owned by each reporting person 3,378,564.00
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐
13	Percent of class represented by amount in Row (11) 1.5 %
14	Type of Reporting Person (See Instructions) CO

SCHEDULE 13D

Item 1. Security and Issuer

(a) Title of Class of Securities:

Common stock, \$0.01 par value per share

(b) Name of Issuer:

Life Time Group Holdings, Inc.

(c) Address of Issuer's Principal Executive Offices:

2902 Corporate Place, Chanhassen, MINNESOTA , 55317.

Item 1 Comment: This amendment ("Amendment") to Schedule 13D (the "Schedule 13D") modifies the original Schedule 13D filed on October 21, 2021 by the Reporting Persons.

Capitalized terms used but not defined in this Amendment have the meanings ascribed in the Schedule 13D.

Except as specifically amended by this Amendment, the Schedule 13D is unchanged.

Item 4. Purpose of Transaction

Item 4 of the Schedule 13D is hereby amended and supplemented by adding the following information:

Effective July 30, 2026, JSS LTF Holdings Ltd terminated the Stockholders Agreement only as to Section 1 thereof (relating to the coordination of voting of securities among parties to the Stockholders Agreement) and, as a result, each Reporting Person ceased to be a member of any group with such other parties to the Stockholders Agreement for purposes of Regulation 13D-G under the Exchange Act.

Item 5. Interest in Securities of the Issuer

(a) Item 5(a) of the Schedule 13D is hereby amended and supplemented by adding the following information:

As of July 30, 2026, except as noted in the following sentence, each of the Reporting Persons may be deemed to beneficially own, and have shared voting and dispositive power with respect to, all of the Shares reported herein, which represent approximately 1.5% of the Issuer's outstanding Common Stock, calculated based on a total of 223,461,948 shares of Common Stock outstanding (as reported in the Issuer's Quarterly Report on Form 10-Q, filed with the Securities and Exchange Commission on July 30, 2026). As a result of internal reorganizations, J. Safra Holdings International (Luxembourg) S.A. may be deemed to have ceased to have voting or dispositive power with respect to the Shares reported herein.

(e) Item 5(e) of the Schedule 13D is hereby replaced with the following information:

As a result of the termination described in Item 4, as of July 30, 2026, each Reporting Person ceased to be the beneficial owner of more than 5% of the Issuer's outstanding Common Stock.

SIGNATURE

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

JSS LTF Holdings Ltd

Signature: /s/ Jose L. P. Bouzas
Name/Title: Jose L. P. Bouzas, Director of Colwood Investment Holding Inc., its sole director
Date: 07/30/2026

Signature: /s/ Israel Borba
Name/Title: Israel Borba, Director of Colwood Investment Holding Inc., its sole director
Date: 07/30/2026

Colwood Investment Holding Inc.

Signature: /s/ Jose L. P. Bouzas
Name/Title: Jose L. P. Bouzas, Director
Date: 07/30/2026

Signature: /s/ Israel Borba
Name/Title: Israel Borba, Director
Date: 07/30/2026

JSS Private Investments Fund I

Signature: /s/ Ronnie Neefs
Name/Title: Ronnie Neefs, Authorized Signatory of JSS Private Equity Investments Fund GP S.a.r.l., its managing general partner
Date: 07/30/2026

Signature: /s/ Leonardo Mattos
Name/Title: Leonardo Mattos, Member of the Board of Managers of JSS Private Equity Investments Fund GP S.a.r.l., its managing general partner
Date: 07/30/2026

JSS Private Equity Investments Fund GP S.a.r.l

Signature: /s/ Ronnie Neefs
Name/Title: Ronnie Neefs, Authorized Signatory
Date: 07/30/2026

Signature: /s/ Leonardo Mattos
Name/Title: Leonardo Mattos, Member of the Board of Managers
Date: 07/30/2026

J. Safra Sarasin Fund Management (Luxembourg) S.A.

Signature: /s/ Ronnie Neefs
Name/Title: Ronnie Neefs, Conducting Officer
Date: 07/30/2026

Signature: /s/ Leonardo Mattos
Name/Title: Leonardo Mattos, Member of the Board of Directors
Date: 07/30/2026

J. Safra Sarasin Asset Management (Europe) Limited

Signature: /s/ Abigail Carroll
Name/Title: Abigail Carroll, Director
Date: 07/30/2026

Signature: /s/ Sascha D. Knobloch

Name/Title: Sascha D. Knobloch, Chief Executive Officer
Date: 07/30/2026

J. Safra Sarasin Holding AG

Signature: /s/ Stephane Astruc
Name/Title: Stephane Astruc, Authorized Signatory
Date: 07/30/2026

Signature: /s/ Salomon Sebban
Name/Title: Salomon Sebban, Authorized Signatory
Date: 07/30/2026

J. Safra Holdings Luxembourg S.a.r.l.

Signature: /s/ Gonzalo Pintos
Name/Title: Gonzalo Pintos, Manager
Date: 07/30/2026

Signature: /s/ Mathieu Beaumont
Name/Title: Mathieu Beaumont, Manager
Date: 07/30/2026

JS International Holdings Limited

Signature: /s/ Daniel Wainberg
Name/Title: Daniel Wainberg, Director
Date: 07/30/2026

Signature: /s/ Israel Borba
Name/Title: Israel Borba, Director
Date: 07/30/2026