SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

SCHEDULE 13D

Under the Securities Exchange Act of 1934

(Amendment No. 8)

Life Time Group Holdings, Inc.

(Name of Issuer)

Common Stock, $0.01 par value per share

(Title of Class of Securities)

53190C102

(CUSIP Number)

Jennifer Bellah Maguire
333 South Grand Avenue,
Los Angeles, CA, 90071-3197
213-229-7986

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

08/10/2026

(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** Green LTF Holdings II LP
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 DELAWARE		
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00	
	8	Shared Voting Power 5,908,604.00	
	9	Sole Dispositive Power 0.00	
	10	Shared Dispositive Power 5,908,604.00	
11	Aggregate amount beneficially owned by each reporting person 5,908,604.00		
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐		
13	Percent of class represented by amount in Row (11) 2.6 %		
14	Type of Reporting Person (See Instructions) PN		

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	Name of reporting person Green Equity Investors VI, L.P.		
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 DELAWARE		
Number of Shares	7	Sole Voting Power	

Beneficially Owned by Each Reporting Person With:		0.00
	8	**Shared Voting Power** 5,908,604.00
	9	**Sole Dispositive Power** 0.00
	10	**Shared Dispositive Power** 5,908,604.00
11	**Aggregate amount beneficially owned by each reporting person** 5,908,604.00	
12	**Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)** ☐	
13	**Percent of class represented by amount in Row (11)** 2.6 %	
14	**Type of Reporting Person (See Instructions)** PN	

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	**Name of reporting person** Green Equity Investors Side VI, L.P.		
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** DELAWARE		
Number of Shares Beneficially Owned by Each Reporting Person With:	7	**Sole Voting Power** 0.00	
	8	**Shared Voting Power** 5,908,604.00	
	9	**Sole Dispositive Power** 0.00	
	10	**Shared Dispositive Power** 5,908,604.00	

11	**Aggregate amount beneficially owned by each reporting person** 5,908,604.00
12	**Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)** ☐
13	**Percent of class represented by amount in Row (11)** 2.6 %
14	**Type of Reporting Person (See Instructions)** PN

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	**Name of reporting person** LGP Associates VI-A LLC		
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** DELAWARE		
Number of Shares Beneficially Owned by Each Reporting Person With:	7	**Sole Voting Power** 0.00	
	8	**Shared Voting Power** 5,908,604.00	
	9	**Sole Dispositive Power** 0.00	
	10	**Shared Dispositive Power** 5,908,604.00	
11	**Aggregate amount beneficially owned by each reporting person** 5,908,604.00		
12	**Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)** ☐		
13	**Percent of class represented by amount in Row (11)** 2.6 %		
14	**Type of Reporting Person (See Instructions)**		

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SCHEDULE 13D

CUSIP Number(s):	53190C102

1	**Name of reporting person** LGP Associates VI-B LLC		
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** DELAWARE		
Number of Shares Beneficially Owned by Each Reporting Person With:	7	**Sole Voting Power** 0.00	
	8	**Shared Voting Power** 5,908,604.00	
	9	**Sole Dispositive Power** 0.00	
	10	**Shared Dispositive Power** 5,908,604.00	
11	**Aggregate amount beneficially owned by each reporting person** 5,908,604.00		
12	**Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)** ☐		
13	**Percent of class represented by amount in Row (11)** 2.6 %		
14	**Type of Reporting Person (See Instructions)** OO		

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	**Name of reporting person** GEI Capital VI, LLC
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** DELAWARE
Number of Shares Beneficially Owned by Each Reporting Person With:	**7** **Sole Voting Power** 0.00
	8 **Shared Voting Power** 5,908,604.00
	9 **Sole Dispositive Power** 0.00
	10 **Shared Dispositive Power** 5,908,604.00
11	**Aggregate amount beneficially owned by each reporting person** 5,908,604.00
12	**Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)** ☐
13	**Percent of class represented by amount in Row (11)** 2.6 %
14	**Type of Reporting Person (See Instructions)** OO

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	**Name of reporting person** Green VI Holdings, LLC
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 DELAWARE		
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00	
	8	Shared Voting Power 5,908,604.00	
	9	Sole Dispositive Power 0.00	
	10	Shared Dispositive Power 5,908,604.00	
11	Aggregate amount beneficially owned by each reporting person 5,908,604.00		
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐		
13	Percent of class represented by amount in Row (11) 2.6 %		
14	Type of Reporting Person (See Instructions) OO		

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	Name of reporting person Leonard Green & Partners, L.P.		
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 DELAWARE		
Number of Shares	7	Sole Voting Power	

Beneficially Owned by Each Reporting Person With:		0.00
	8	Shared Voting Power 5,908,604.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 5,908,604.00
11	Aggregate amount beneficially owned by each reporting person 5,908,604.00	
12	Check if the aggregate amount in Row (11) excludes certain shares (See Instructions) ☐	
13	Percent of class represented by amount in Row (11) 2.6 %	
14	Type of Reporting Person (See Instructions) PN	

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	Name of reporting person LGP Management 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) WC	
5	Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e) ☐	
6	Citizenship or place of organization DELAWARE	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	Sole Voting Power 0.00
	8	Shared Voting Power 5,908,604.00
	9	Sole Dispositive Power 0.00
	10	Shared Dispositive Power 5,908,604.00

11	**Aggregate amount beneficially owned by each reporting person** 5,908,604.00
12	**Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)** ☐
13	**Percent of class represented by amount in Row (11)** 2.6 %
14	**Type of Reporting Person (See Instructions)** CO

SCHEDULE 13D

CUSIP Number(s):	53190C102

1	**Name of reporting person** Peridot Coinvest Manager LLC	
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** DELAWARE	
Number of Shares Beneficially Owned by Each Reporting Person With:	7	**Sole Voting Power** 0.00
	8	**Shared Voting Power** 5,908,604.00
	9	**Sole Dispositive Power** 0.00
	10	**Shared Dispositive Power** 5,908,604.00
11	**Aggregate amount beneficially owned by each reporting person** 5,908,604.00	
12	**Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)** ☐	
13	**Percent of class represented by amount in Row (11)** 2.6 %	
14	**Type of Reporting Person (See Instructions)**	

	OO

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 No. 8 (this "Amendment") amends and supplements the Schedule 13D filed on October 22, 2021, as amended by Amendment No. 1, filed on August 16, 2024, Amendment No. 2, filed on November 13, 2024, Amendment No. 3, filed on March 5, 2025, Amendment No. 4, filed on June 10, 2025, Amendment No. 5, filed on September 15, 2025, Amendment No. 6, filed on May 7, 2026 and Amendment No. 7, filed on May 26, 2026 (as so amended, the "Initial Statement" and, as further amended by this Amendment, the "Schedule 13D"), and relates to the common stock, $0.01 par value per share (the "Common Stock"), of Life Time Group Holdings, Inc. (the "Issuer"). Capitalized terms used but not defined in this Amendment shall have the meanings ascribed to them in the Initial Statement and unless amended hereby, all information in the Initial Statement remains in effect.

Item 2. Identity and Background

(a) Item 2(a) of the Initial Statement is hereby amended and supplemented by replacing the first sentence of the second paragraph with the following:

As of the date of this statement, (i) Green LTF is the record owner of 5,800,858 shares of Common Stock, (ii) Associates VI-A is the record owner of 9,825 shares of Common Stock, and (iii) Associates VI-B is the record owner of 97,921 shares of Common Stock.

Item 4. Purpose of Transaction

Item 4 of the Initial Statement is hereby amended and supplemented by adding the following at the end of Item 4 of the Initial Statement:

August 2026 Offering

On August 10, 2026, Green LTF, Associates VI-A and Associates VI-B sold 5,025,751, 8,512, and 84,836 shares of Common Stock, respectively, at a price of $43.16 per share pursuant to Rule 144 of the Securities Act of 1933, as amended (the "August 10, 2026 Offering").

Item 5. Interest in Securities of the Issuer

(a) Item 5 of the Initial Statement is hereby amended and restated as follows:

The information set forth in or incorporated by reference in Items 2, 3 and 4 and on the cover pages of this Schedule 13D is incorporated by reference in its entirety into this Item 5.

As of the date hereof, Green LTF holds 5,800,858 shares of Common Stock, representing approximately 2.6% of the issued and outstanding shares of Common Stock, Associates VI-A holds 9,825 shares of Common Stock, representing approximately 0.0% of the issued and outstanding shares of Common Stock and Associates VI-B holds 97,921 shares of Common Stock, representing approximately 0.0% of the issued and outstanding shares of Common Stock.

Ownership percentages set forth in this Schedule 13D are based upon a total of 223,461,948 shares of Common Stock outstanding as of July 27, 2026, as reported by the Issuer in its Quarterly Report on Form 10-Q filed with the Securities and Exchange Commission on July 30, 2026.

In addition, as discussed in Item 2 above, by virtue of the agreements made pursuant to the Stockholders Agreement, the Voting Group members may be deemed to be acting as a group for purposes of Rule 13d-3 under the Exchange Act. Shares beneficially owned by the other members of the Voting Group are not the subject of this Schedule 13D and accordingly, none of the other members of the Voting Group are included as reporting persons herein.

(b) See Item 5(a) above.

(c) On August 10, 2026, Green LTF, Associates VI-A and Associates VI-B sold 5,025,751, 8,512 and 84,836 shares of Common Stock, respectively, at a price of $43.16 per share.

(d) Except as stated within this Item 5, to the knowledge of the Reporting Persons, only the Reporting Persons have the right to receive, or the power to direct the receipt of, dividends from, or proceeds from the sale of, any of the shares of Common Stock beneficially owned by the Reporting Persons as described in this Item 5.

(e) As a result of the August 10, 2026 Offering, on August 10, 2026, the Reporting Persons ceased to be the beneficial owner of more than five percent of the shares of 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.

Green LTF Holdings II LP

Signature: /s/ Andrew Goldberg

Name/Title: By Peridot Coinvest Manager LLC, by Andrew Goldberg, Senior Vice President, General Counsel and Secretary

Date: 08/12/2026

Green Equity Investors VI, L.P.

Signature: /s/ Andrew Goldberg

Name/Title: By GEI Capital VI, LLC, its general partner, by Andrew Goldberg, Senior Vice President, General Counsel and Secretary

Date: 08/12/2026

Green Equity Investors Side VI, L.P.

Signature: /s/ Andrew Goldberg

Name/Title: By GEI Capital VI, LLC, its general partner, by Andrew Goldberg, Senior Vice President, General Counsel and Secretary

Date: 08/12/2026

LGP Associates VI-A LLC

Signature: /s/ Andrew Goldberg

Name/Title: By Peridot Coinvest Manager LLC, by Andrew Goldberg, Senior Vice President, General Cousnel and Secretary

Date: 08/12/2026

LGP Associates VI-B LLC

Signature: /s/ Andrew Goldberg

Name/Title: By Peridot Coinvest Manager LLC, by Andrew Goldberg, Senior Vice President, General Counsel and Secretary

Date: 08/12/2026

GEI Capital VI, LLC

Signature: /s/ Andrew Goldberg

Name/Title: By Andrew Goldberg, Senior Vice President, General Counsel and Secretary

Date: 08/12/2026

Green VI Holdings, LLC

Signature: /s/ Andrew Goldberg

Name/Title: By LGP Management, Inc., its managing member, by Andrew Goldberg, Senior Vice President, General Counsel and Secretary

Date: 08/12/2026

Leonard Green & Partners, L.P.

Signature: /s/ Andrew Goldberg

Name/Title: By LGP Management, Inc., its managing member, by Andrew Goldberg, Senior Vice President, General Counsel and Secretary

Date:	**08/12/2026**

LGP Management Inc.

Signature:	**/s/ Andrew Goldberg**
Name/Title:	**By Andrew Goldberg, Senior Vice President, General Counsel and Secretary**
Date:	**08/12/2026**

Peridot Coinvest Manager LLC

Signature:	**/s/ Andrew Goldberg**
Name/Title:	**By Andrew Goldberg, Senior Vice President, General Counsel and Secretary**
Date:	**08/12/2026**