SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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).

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person*
Buss Eric J
(Last) (First) (Middle)
C/O LIFE TIME GROUP HOLDINGS, INC.
2902 CORPORATE PLACE
(Street)
CHANHASSEN MN 55317
(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
Life Time Group Holdings, Inc. [LTH]

3. Date of Earliest Transaction (Month/Day/Year)
07/31/2026

4. If Amendment, Date of Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
Director
10% Owner
X Officer (give title below)
Other (specify below)
EVP & CHIEF ADMIN. OFFICER

6. Individual or Joint/Group Filing (Check Applicable Line)
X Form filed by One Reporting Person
Form filed by More than One Reporting Person

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	07/31/2026		M		130,000	A	$19.32	604,008	D	
Common Stock	07/31/2026		M		130,000	A	$19.32	734,008	D	
Common Stock	07/31/2026		M		85,519	A	$18	819,527	D	
Common Stock	07/31/2026		M		84,688	A	$13.65	904,215	D	
Common Stock	07/31/2026		M		49,033	A	$17.27	953,248	D	
Common Stock	07/31/2026		S		479,240	D	$44.9721[1]	474,008	D	

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 Securities Underlying Derivative Security (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: 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				
Stock Option	$19.32	07/31/2026		M			130,000	(2)	05/03/2031	Common Stock	130,000	$0	0	D	
Stock Option	$19.32	07/31/2026		M			130,000	(2)	05/03/2031	Common Stock	130,000	$0	0	D	
Stock Option	$18	07/31/2026		M			85,519	(2)	10/06/2031	Common Stock	85,519	$0	0	D	
Stock Option	$13.65	07/31/2026		M			84,688	(2)	03/17/2032	Common Stock	84,688	$0	0	D	
Stock Option	$17.27	07/31/2026		M			49,033	(3)	03/09/2033	Common Stock	49,033	$0	16,344	D	

Explanation of Responses:

1. Reflects the weighted average price of 479,240 shares of common stock of Life Time Group Holdings, Inc. sold by the reporting person in multiple transactions on July 31, 2026 with sale prices ranging from $44.68 to $45.35 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
2. The stock option is fully vested and exercisable.
3. The stock option vests in four equal annual installments beginning on March 9, 2024.

/s/ Stuart McFarland, Attorney-in-fact 08/04/2026
** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* 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).

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

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 Number.