FORM 4

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

OMB APPR	OVAL
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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

ddress of obert P.	Reporting Person*			er Na	me and	Ficke	. or Trodin						.	-	
			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 10% Owner				
(Last) (First) (Middle) C/O LIFE TIME GROUP HOLDINGS, INC., 2902 CORPORATE PLACE			3. Date of Earliest Transaction (Month/Day/Year) 08/30/2022							X Officer (give title below) Other (specify below) EVP & CHIEF FINANCIAL OFFICER					
(Street) CHANHASSEN, MN 55317				4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person _Form filed by More than One Reporting Person				
(City) (State) (Zip)				Table I - Non-Derivative Securities Acqu						s Acqui	ired, Disposed of, or Beneficially Owned				
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	r) any		Date, if	Code		(A) or Disposed of		of (D)	Owned Following Re		ed []	Ownership of Born: Direct (D)	7. Nature of Indirect Beneficial Ownership
						Cod	le V	Amount	(A) or (D)	Price			(I)	nstr. 4)
	3. Transaction		(e.g., pu		alls, war	rants	options, o	onvertil	ole secur	ities)		t 8. Price of	9. Number o	f 10.	11. Natur
1. Title of Derivative Conversion Security (Instr. 3) Price of Derivative Derivative Price of Derivative Conversion On Date (Month/Day/Year) (Month/Day/Year) 3A. Deemed Execution Date any (Month/Day/Year)		3A. Deemed Execution Date, if any	(e.g., puts, calls, warrants 4. 5. Number f Transaction of Derivative Code Securities) (Instr. 8) Acquired (A or Disposed			er ative es d (A)	6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Tit Securities of Un Securities Securi			7. Title of Unde Securiti	and Amount 8. Price of Derivative ies Security		Derivative Securities Beneficially Owned	Ownership Form of Derivative Security:	11. Nature of Indirec Beneficial Ownershi (Instr. 4)
ecurity						4,							Reported	or Indirect	
			Code	V	(A)	(D)	Date Exercisab		ration	Title	or Numb of	er	(Instr. 4)	(Instr. 4)	
11.72	08/30/2022		A		49,212		(1)	08/3	0/2032	Comn	. 149.21	2 \$0	49,212	D	
r	SEN, Marity Dirt on a surversion Exercise the officivative for the control of th	SEN, MN 55317 (State) ort on a separate line for each exercise (Month/Day/Year) 3. Transaction Date (Month/Day/Year)	CORPORATE PLACE (Street) SEN, MN 55317 (State) 2. Transaction Date (Month/Day/Year) ort on a separate line for each class of securities Table II - Table II	CORPORATE PLACE (Street) 4. If Am SEN, MN 55317 (State) 2. Transaction Date (Month/Day/Year) ort on a separate line for each class of securities beneficial any (Month Date (e.g., puter see of ivative unity) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code Code	CORPORATE PLACE (Street) 4. If Amendant SEN, MN 55317 (State) 2. Transaction Date (Month/Day/Year) ort on a separate line for each class of securities beneficially of the exercise (Month/Day/Year) Table II - Derivative Securities beneficially of the exercise (Month/Day/Year) 3. 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	Relationships					
Reporting Owner Name / Address		10% Owner	Officer	Other		
Houghton Robert P. C/O LIFE TIME GROUP HOLDINGS, INC. 2902 CORPORATE PLACE CHANHASSEN, MN 55317			EVP & CHIEF FINANCIAL OFFICER			

Signatures

/s/ Stuart McFarland, Attorney-in-fact	09/01/2022
**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) The stock option vests in four equal annual installments beginning on August 30, 2023.

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

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.	