FORM 4

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

OMB APPROVAL
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(Print or Type Responses)

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

Name and Address of Reporting Person Akradi Bahram					2. Issuer Name and Ticker or Trading Symbol Life Time Group Holdings, Inc. [LTH]						S. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director _X_ 10% Owner X_ Officer (give title below) Other (specify below)					
(Last) (First) (Middle) C/O LIFE TIME GROUP HOLDINGS, INC., 2902 CORPORATE PLACE					3. Date of Earliest Transaction (Month/Day/Year) 08/31/2022						X_ Office	er (give title belo FO	ow) UNDER &		ecify belo	w)
(Street) CHANHASSEN, MN 55317				4. If Amen	4. If Amendment, Date Original Filed(Month/Day/Year)						_X_ Form fil	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 Acquired, Di							osed of, or I	Beneficiall	ly Owned	l	
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	any	xecution Date, if Transaction		or Dispo (Instr. 3,	sed of 4 and (A) or	(D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		Form: Direct (nip Indi Ben O) Owr ect (Ins	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
Common	Stock		08/31/2022			P	V	8,641	(D)	\$ 11.869	7 11,278,	480		I	By Bal Ak Rev Tru dat Feb	radi vocable ust U/A
Common	Stock		09/01/2022			P		3,473	A	\$ 11.463	8 11,281,	953		I	Aka Rev Tru dat Feb	nram radi vocable ast U/A ed oruary
Common Stock										525,714	ļ		D			
Common Stock											938,096	5		Ι	Ak 201	nram radi 8 GST nily
Reminder: I	Report on a s	separate line	for each class of se	curities benefic	ially o	owned dire	Po	ersons w	ho re in thi	s form a	re not requ	ction of inf uired to res OMB cont	pond un	less	SEC 14	74 (9-02)
			Table I	I - Derivative S												
Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		Execution any	ed 4.	action	5. Number of Derivativ Securitie Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	ove es d	. Date Exe nd Expirat Month/Da	ercisab tion Da	ole 7. ate Ar Ur Se	Title and mount of aderlying curities sistr. 3 and	8. Price of Derivative Security (Instr. 5)	Derivativ Securities Beneficia Owned Following Reported	ative dities Form of Derivative Security: Direct (D) or Indirect action(s) Ownership Form of Bei Bei Ownership Form of Derivative Security: Direct (D) or Indirect action(s)		Beneficia

					Date Exercisable	Expiration Date	Title	Amount or Number of		
	Code	V	(A)	(D)				Shares		

Reporting Owners

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Akradi Bahram C/O LIFE TIME GROUP HOLDINGS, INC. 2902 CORPORATE PLACE CHANHASSEN, MN 55317	X	X	FOUNDER & CEO					

Signatures

/s/ Stuart McFarland, Attorney-in-fact	09/02/2022
**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).

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