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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**  
Washington, DC 20549

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**SCHEDULE 14A**

Proxy Statement Pursuant to Section 14(a) of the  
Securities Exchange Act of 1934  
(Amendment No. )

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Filed by the Registrant

Filed by a Party other than the Registrant

Check the appropriate box:

- Preliminary Proxy Statement
- Confidential, for Use of the Commission Only (as permitted by Rule 14a-6(e)(2))**
- Definitive Proxy Statement
- Definitive Additional Materials
- Soliciting Material under § 240.14a-12

**Life Time Group Holdings, Inc.**  
(Name of Registrant as Specified in its Charter)

(Name of Person(s) Filing Proxy Statement if Other Than the Registrant)

Payment of Filing Fee (Check all boxes that apply):

- No fee required
  - Fee paid previously with preliminary materials
  - Fee computed on table in exhibit required by Item 25(b) per Exchange Act Rules 14a-6(i)(1) and 0-11
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# Your **Vote** Counts!

**LIFE TIME GROUP HOLDINGS, INC.**

2025 Annual Meeting  
Vote by April 24, 2025  
11:59 PM ET

LIFE TIME GROUP HOLDINGS, INC.  
2902 CORPORATE PLACE  
CHANHASSEN, MN 55317



V63092-P25718

## You invested in LIFE TIME GROUP HOLDINGS, INC. and it's time to vote!

You have the right to vote on proposals being presented at the Annual Meeting. **This is an important notice regarding the availability of proxy materials for the stockholder meeting to be held on April 25, 2025.**

### Get informed before you vote

View the Notice and Proxy Statement and Annual Report on Form 10-K online OR you can receive a free paper or email copy of the material(s) by requesting prior to April 11, 2025. If you would like to request a copy of the material(s) for this and/or future stockholder meetings, you may (1) visit [www.ProxyVote.com](http://www.ProxyVote.com), (2) call 1-800-579-1639 or (3) send an email to [sendmaterial@proxyvote.com](mailto:sendmaterial@proxyvote.com). If sending an email, please include your control number (indicated below) in the subject line. Unless requested, you will not otherwise receive a paper or email copy.



For complete information and to vote, visit [www.ProxyVote.com](http://www.ProxyVote.com)

Control #

#### Smartphone users

Point your camera here and  
vote without entering a  
control number



#### Vote Virtually at the Meeting\*

April 25, 2025  
9:30 a.m. Central Time

Virtually at:  
[www.virtualshareholdermeeting.com/LTH2025](http://www.virtualshareholdermeeting.com/LTH2025)

\*Please check the meeting materials for any special requirements for meeting attendance.

## THIS IS NOT A VOTABLE BALLOT

This is an overview of the proposals being presented at the upcoming stockholder meeting. Please follow the instructions on the reverse side to vote these important matters.

| Voting Items   | Board Recommends |
|--|------------------|
| 1. Election of Class I Directors<br><b>Nominees:</b><br>01) Bahram Akradi<br>02) David Landau<br>03) Alejandro Santo Domingo<br>04) Andres Small | ✔ For            |
| 2. To approve, by a non-binding vote, the named executive officer compensation as disclosed in the proxy statement.                              | ✔ For            |
| 3. To ratify the appointment of Deloitte & Touche LLP as our independent registered public accounting firm.                                      | ✔ For            |
| <b>NOTE:</b> In their discretion, the proxies are authorized to vote upon such other matters as may properly come before the meeting.            |                  |

Prefer to receive an email instead? While voting on [www.ProxyVote.com](http://www.ProxyVote.com), be sure to click "Delivery Settings".

