

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

☐ 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* <u>Javaheri Parham</u> (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 <u>Life Time Group Holdings, Inc.</u> [LTH] 3. Date of Earliest Transaction (Month/Day/Year) 02/25/2026 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 &PRESIDENT CLUB OPERATIONS 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person
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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	02/25/2026		A		6,777	A	\$0	265,495	D	
Common Stock	02/25/2026		A		41,169	A	\$0	306,664	D	
Common Stock	02/25/2026		F		18,088	D	\$26.47	288,576	D	
Common Stock	02/25/2026		A		33,885 ⁽¹⁾	A	\$0	322,461	D	
Common Stock	02/25/2026		A		22,872 ⁽²⁾	A	\$0	345,333	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				

Explanation of Responses:

1. The reporting person was granted performance stock units, each of which represented a contingent right to receive one share of the Issuer's common stock, subject to meeting a performance condition for the fiscal 2025 performance period and further time-based vesting requirements. Based on actual performance, the performance condition was met and the shares will vest the later of (a) determination of the Issuer's performance for fiscal 2026 for the remaining performance stock units and (b) the first full trading date following the release of the Issuer's financial results for fiscal 2026.

2. The reporting person was granted performance stock units, each of which represented a contingent right to receive one share of the Issuer's common stock, subject to meeting a performance condition for the fiscal 2025 performance period and further time-based vesting requirements. Based on actual performance, the performance condition was met and the shares will vest the later of (a) determination of the Issuer's performance for fiscal 2027 for the remaining performance stock units and (b) the first full trading date following the release of the Issuer's financial results for fiscal 2027.

/s/ Stuart McFarland, Attorney-in-
fact 02/27/2026

** 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.