

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 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>Singh Ritadhwaja Jebens</u> (Last) (First) (Middle) <u>C/O LIFE TIME GROUP HOLDINGS, INC.</u> <u>2902 CORPORATE PLACE</u> (Street) <u>CHANHASSEN MN 55317</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Life Time Group Holdings, Inc. [LTH]</u> 3. Date of Earliest Transaction (Month/Day/Year) <u>09/09/2026</u> 4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below) <u>EVP & CHIEF DIGITAL OFFICER</u> 6. Individual or Joint/Group Filing (Check Applicable Line) ☒ 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	09/09/2026		M		6,600	A	\$19.32	144,951	D	
Common Stock	09/09/2026		M		7,729	A	\$18	152,680	D	
Common Stock	09/09/2026		M		4,400	A	\$17.27	157,080	D	
Common Stock	09/09/2026		S		18,729	D	\$42.0395 ⁽¹⁾	138,351	D	
Common Stock	09/11/2026		M		59,400	A	\$19.32	197,751	D	
Common Stock	09/11/2026		M		60,686	A	\$18	258,437	D	
Common Stock	09/11/2026		M		34,826	A	\$17.27	293,263	D	
Common Stock	09/11/2026		S		154,912	D	\$42	138,351	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		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option	\$19.32	09/09/2026		M		6,600	(2)	05/03/2031	Common Stock	6,600	\$0	59,400	D	
Stock Option	\$18	09/09/2026		M		7,729	(2)	10/06/2031	Common Stock	7,729	\$0	60,686	D	
Stock Option	\$17.27	09/09/2026		M		4,400	(3)	03/09/2033	Common Stock	4,400	\$0	47,901	D	
Stock Option	\$19.32	09/11/2026		M		59,400	(2)	05/03/2031	Common Stock	59,400	\$0	0	D	
Stock Option	\$18	09/11/2026		M		60,686	(2)	10/06/2031	Common Stock	60,686	\$0	0	D	
Stock Option	\$17.27	09/11/2026		M		34,826	(3)	03/09/2033	Common Stock	34,826	\$0	13,075	D	

Explanation of Responses:

1. Reflects the weighted average price of 18,729 shares of common stock of Life Time Group Holdings, Inc. sold by the reporting person in multiple transactions on September 9, 2026 with sale prices ranging from \$42.00 to \$42.13 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. Fully vested.
3. The stock option vests in four equal annual installments beginning on March 9, 2024.

/s/ Stuart McFarland, Attorney-in-
Fact 09/11/2026

** 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.