

Form 144 Filer Information

FORM 144

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549****Form 144****NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933****144: Filer Information**

Filer CIK	0001295458
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	☒ LIVE ☐ TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	Life Time Group Holdings, Inc.
SEC File Number	001-40887
Address of Issuer	2902 CORPORATE PLACE
CHANHASSEN
MINNESOTA
55317
Phone	(952) 947-0000
Name of Person for Whose Account the Securities are To Be Sold	Buss Eric J

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
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144: Securities Information

Title of the Class of Securities To Be Sold	Common
Name and Address of the Broker	Fidelity Brokerage Services LLC
900 Salem Street
Smithfield
RI
02917
Number of Shares or Other Units To Be Sold	74487
Aggregate Market Value	2089427.21
Number of Shares or Other Units Outstanding	220512238
Approximate Date of Sale	11/28/2025
Name the Securities Exchange	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	11/28/2025
Nature of Acquisition Transaction	Options Granted - 06/08/2016
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	74487
Date of Payment	11/28/2025
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Eric Buss 2902 Corporate Place Chanhassen MN 55317
Title of Securities Sold	Common
Date of Sale	11/26/2025
Amount of Securities Sold	162722
Gross Proceeds	4562383.16

144: Remarks and Signature

Remarks	
Date of Notice	11/28/2025
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	06/13/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Jackson Harris, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Eric Buss
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)