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

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| Filer CIK | 0001972831 |
| Filer CCC | XXXXXXXX |
| Is this a LIVE or TEST Filing? | (•) LIVE ( ) TEST |

***Submission Contact Information***

| | |
|---|---|
| Name | |
| Phone | |
| E-Mail Address | |

# 144: Issuer Information

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| Name of Issuer | Life Time Group Holdings, Inc. |
| SEC File Number | 001-40887 |
| Address of Issuer | 2902 Corporate Place<br>Chanhassen<br>MINNESOTA<br>55317 |
| Phone | 952-947-0000 |
| Name of Person for Whose Account the Securities are To Be Sold | TPG Lonestar I, L.P. |

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.

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| Relationship to Issuer | Stockholder |

# 144: Securities Information

| Title of the Class of Securities To Be Sold | Name and Address of the Broker | Number of Shares or Other Units To Be Sold | Aggregate Market Value | Number of Shares or Other Units Outstanding | Approximate Date of Sale | Name the Securities Exchange |
|---|---|---|---|---|---|---|
| Common stock, par value $0.01 per share | Citigroup Global Markets Inc.<br>388 Greenwich Street<br>4th Floor Trading<br>New York NY 10013 | 13162 | 617166.18 | 224603501 | 11/10/2026 | 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 | Date you Acquired | Nature of Acquisition Transaction | Name of Person from Whom Acquired | Is this a Gift? | Date Donor Acquired | Amount of Securities Acquired | Date of Payment | Nature of Payment * |
|---|---|---|---|---|---|---|---|---|

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|---|---|---|---|---|---|---|---|---|
| Common stock, par value $0.01 per share | 10/12/2021 | The shares of Common Stock reported herein were originally acquired by Seller from Issuer and/or upon the automatic conversion of shares of Preferred Stock of the Issuer into shares of Common Stock. | Issuer | ☐ | | 261364 | 10/12/2021 | Cash and/or automatic conversion of shares of Preferred Stock of the Issuer into shares of Common Stock. |

* 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 | Title of Securities Sold | Date of Sale | Amount of Securities Sold | Gross Proceeds |
|---|---|---|---|---|
| TPG Lonestar I, L.P.<br>301 Commerce Street<br>Suite 3300<br>Fort Worth TX 76102 | Common stock, par value $0.01 per share | 08/26/2026 | 12508 | 547850.40 |

## 144: Remarks and Signature

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| Remarks | Sales by Seller should be aggregated with the sales of shares of Common Stock of the Issuer by TPG VII Magni SPV, L.P., TPG VII Magni Co-Invest, L.P., Green LTF Holdings II LP, LGP Associates VI-A, LLC, LGP Associates VI-B, LLC, Partners Group Private Equity Fund, LLC, Partners Group Series Access II, LLC, Series 61, Partners Group Private Equity II, LLC, Partners Group Access 83 PF, LP (together with Seller, the "Selling Stockholders"). The Selling Stockholders have filed separate Forms 144 for aggregate sales of 8,792,869 shares of Common Stock of the Issuer during the past three months. |
| Date of Notice | 11/10/2026 |

***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.

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| Signature | /s/ Matthew White |

***ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)***