

2023 Q1 Earnings Call *Supplemental Presentation*

April 25, 2023



Palm Beach Gardens, FL

LIFETIME[®]

Legal Disclaimer

Forward-Looking Statements

This presentation includes “forward-looking statements” within the meaning of federal securities regulations. Forward-looking statements in this presentation include, but are not limited to, the plans, strategies and prospects, both business and financial, of Life Time Group Holdings, Inc. (“we,” “us” or the “Company”), including its financial outlook for the full fiscal year 2023, opportunities for reduced net debt and leverage, investments in clubs not opened and future performance. These statements are based on the beliefs and assumptions of the Company’s management. Forward-looking statements are inherently subject to risks, uncertainties and assumptions. Generally, statements that are not historical facts, including statements concerning the Company’s possible or assumed future actions, business strategies, events or results of operations, are forward-looking statements. These statements may be preceded by, followed by or include the words “believe,” “expect,” “anticipate,” “intend,” “plan,” “estimate” or similar expressions. In addition, any statements or information that refer to expectations, beliefs, plans, projections, objectives, performance or other characterizations of future events or circumstances, including any underlying assumptions, are forward-looking.

Factors that could cause actual results to differ materially from those forward-looking statements included in this presentation include, but are not limited to, risks relating to our business operations and competitive and economic environment, risks relating to our brand, risks relating to the growth of our business, risks relating to our technological operations, risks relating to our capital structure and lease obligations, risks relating to our human capital, risks relating to legal compliance and risk management, and risks relating to ownership of our common stock and the other important factors discussed under the caption “Risk Factors” in the Company’s Annual Report on Form 10-K for the year ended December 31, 2022, filed with the Securities and Exchange Commission (the “SEC”) on March 8, 2023 (File No. 001-40887), as such factors may be updated from time to time in the Company’s other filings with the SEC, which are accessible on the SEC’s website at www.sec.gov.

These and other important factors could cause actual results to differ materially from those indicated by the forward-looking statements made in this presentation. Any forward-looking statement that the Company makes in this presentation speaks only as of the date of such statement. Except as required by law, the Company does not have any obligation to update or revise, or to publicly announce any update or revision to, any of the forward-looking statements, whether as a result of new information, future events or otherwise.

Non-GAAP Financial Measure

This presentation includes Adjusted EBITDA and Net Debt and calculations in connection therewith, which are not presented in accordance with the generally accepted accounting principles in the United States (“GAAP”). These non-GAAP financial measures are not based on any comprehensive set of accounting rules or principles and should be considered in addition to, and not as a substitute for or superior to, net income (loss) or total debt (defined as long-term debt, net of current portion, plus current maturities of debt), less a fair value adjustment, unamortized debt discounts and issuance costs and cash and cash equivalents, respectively, as a measure of financial performance or any other performance measure derived in accordance with GAAP, and should not be construed as an inference that the Company’s future results will be unaffected by unusual or non-recurring items. In addition, these non-GAAP financial measures should be read in conjunction with the Company’s financial statements prepared in accordance with GAAP. The reconciliation of the Company’s non-GAAP financial measures to the corresponding GAAP measures should be carefully evaluated.

Please note that the Company has not provided the most directly comparable GAAP financial measure, or a quantitative reconciliation thereto, for the Adjusted EBITDA forward-looking guidance for full year 2023 included in this presentation in reliance on the unreasonable efforts exception provided under Item 10(e)(1)(i)(B) of Regulation S-K. Providing the most directly comparable GAAP financial measure, or a quantitative reconciliation thereto, cannot be done without unreasonable effort due to the inherent uncertainty and difficulty in predicting certain non-cash, material and/or non-recurring expenses or benefits; legal settlements or other matters; and certain tax positions. The variability of these items could have an unpredictable, and potentially significant, impact on our future GAAP financial results.

Expect Significant Leverage Reduction to Continue

Net Debt to Adjusted EBITDA Leverage

(\$MM)

	2022 Q2 Actual	2022 Q3 Actual	2022 Q4 Actual	2023 Q1 Actual	2023 Q4 Estimate
Net Debt ^{1, 3}	\$1,789	\$1,703	\$1,813	\$1,872	~\$1,700
TTM Net Income (Loss) ²	(\$389)	(\$318)	(\$2)	\$65	
TTM Adj. EBITDA ³ (TTM margin)	\$199 12.4%	\$223 13.0%	\$282 15.5%	\$361 18.6%	\$470 - \$490 21% - 22%
Net Debt Leverage ^{3, 4}	9.0x	7.6x	6.4x	5.2x	~3.5x

1. Net Debt is defined as long-term debt, net of current portion, plus current maturities of debt, less a fair value adjustment, unamortized debt discounts and issuance costs and cash and cash equivalents. Net Debt is as of the last day of the respective quarter.

2. TTM is trailing twelve months.

3. Refer to the reconciliation of non-GAAP to GAAP metrics in the appendix.

4. Net Debt Leverage is calculated as our Net Debt divided by our TTM Adj. EBITDA.

Appendix

Reconciliation of Trailing 12 Month Net Income (Loss) to Adjusted EBITDA

(\$MM)

	Twelve Months Ended June 30, 2022	Twelve Months Ended September 30, 2022	Twelve Months Ended December 31, 2022	Twelve Months Ended March 31, 2023
Net (loss) income	(\$389)	(\$318)	(\$2)	\$65
Interest expense, net of interest income	\$145	\$133	\$114	\$115
(Benefit from) provision for income taxes	(\$100)	(\$85)	(\$1)	\$12
Depreciation and amortization	\$231	\$230	\$229	\$229
Share-based compensation expense	\$358	\$360	\$37	\$22
(Gain) on sale leaseback transactions	(\$48)	(\$99)	(\$97)	(\$76)
Other	\$2	\$2	\$1	(\$4)
Trailing twelve month Adjusted EBITDA	\$199	\$223	\$282	\$361

Appendix

Reconciliation of Net Debt and Leverage calculation

(\$MM)

	Twelve Months Ended June 30, 2022	Twelve Months Ended September 30, 2022	Twelve Months Ended December 31, 2022	Twelve Months Ended March 31, 2023	Twelve Months Ended December 31, 2023 Estimate
Current maturities of debt	\$22	\$15	\$15	\$66	\$66
Long-term debt, net of current portion	\$1,807	\$1,775	\$1,806	\$1,825	\$1,736
Total Debt	\$1,829	\$1,790	\$1,821	\$1,891	\$1,801
Less: Fair value adjustment	\$1	\$1	\$1	\$1	\$1
Less: Unamortized debt discounts and issuance costs	(\$23)	(\$21)	(\$19)	(\$17)	(\$12)
Less: Cash and cash equivalents	\$61	\$107	\$26	\$35	\$113
Net Debt	\$1,789	\$1,703	\$1,813	\$1,872	\$1,700
Trailing twelve month Adjusted EBITDA	\$199	\$223	\$282	\$361	\$480
Net Debt Leverage	9.0x	7.6x	6.4x	5.2x	3.5x