

March 4, 2024



# Life Time to Participate in BofA Securities 2024 Consumer & Retail Conference

CHANHASSEN, Minn., March 4, 2024 /PRNewswire/ -- Life Time Group Holdings, Inc. ("Life Time" or the "Company") (NYSE: LTH) today announced the Company will participate in the BofA Securities 2024 Consumer & Retail Conference, which will be held March 12-13, 2024, at 1 Hotel South Beach in Miami Beach, Florida.

## **Life Time Fireside Chat – March 12, 2024, at 1:00pm ET**

Life Time Founder, Chairman and Chief Executive Officer, Bahram Akradi, and interim Chief Financial Officer, Erik Weaver, will participate in a fireside chat discussion moderated by BofA Securities Analyst, Alex Perry.

A webcast of the fireside chat is available at: [LTH Fireside Chat - BofA Securities Conference](#).

The fireside chat also may be accessed, along with any related presentation material, on the Company's Investor Relations [website](#) where it will be available through June 11, 2024.

## **About Life Time**

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of more than 170 athletic country clubs across the United States and Canada. The Company's healthy way of life communities and ecosystem address all aspects of healthy living, healthy aging and healthy entertainment for people 90 days to 90+ years old. Supported by a team of more than 37,000 dedicated professionals, Life Time is committed to providing the best programs and experiences through its clubs, iconic athletic events and comprehensive digital platform.

## **Contacts:**

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