LIFE TIME®

Q3 2026 Earnings Supplement

October 29, 2026

PARADISE VALLEY

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. (the “Company”), including its financial outlook, expected memberships (including mix, count, and percentage of dues revenue), possible or assumed future actions, opportunities for growth, consumer demand, industry and economic trends, business strategies, events or results of operations. 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 otherwise include the words “believes,” “assumes,” “expects,” “anticipates,” “intends,” “continues,” “projects,” “predicts,” “estimates,” “plans,” “potential,” “may increase,” “may result,” “will result,” “may fluctuate,” and similar expressions or future or conditional verbs such as “will,” “should,” “would,” “foreseeable,” “may,” and “could” as well as the negative version of these words or similar terms and phrases. 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 the Company’s business operations and the growth of its business including the competitive and macro environment, risks relating to its brand, risks relating to its technological operations, risks relating to its capital structure and lease obligations, risks relating to its human capital, risks relating to legal compliance and risk management and risks relating to ownership of the Company’s 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, 2025, filed with the Securities and Exchange Commission (the “SEC”) on February 24, 2026 (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.

Revenue Growth & Memberships

- Our revenue growth strategy is unchanged: open new clubs, increase member engagement, optimize memberships and increase revenue per membership
    - In Q3 2026, center revenue grew 14.5% year-over-year and comparable center revenue grew 8.7% year-over-year, illustrating that our strategy is working as intended
- **A key driver of this performance is the ongoing optimization of our membership mix, including:**
    - Strength in couple and family memberships, which generate meaningfully higher dues and engagement
    - De-emphasis of qualified memberships administered through medical insurance providers (“Qualified Medical”), which have significantly lower average dues
        - As a result, in Q3 2026, Qualified Medical memberships declined 19.6% year-over-year, while all other center memberships grew 5.4% year-over-year

Membership Update

Qualified Medical mix

(membership counts in thousands)			Q3 2025	Q3 2026	2026E
Center memberships		Membership count, end of period	840.6	858.7	842– 848
		y/y change	1.7%	2.2%	2.4 – 3.1%
	Qualified Medical memberships	Membership count, end of period	109.6	88.1	83.5 - 86.5
		y/y change	7.0%	(19.6%)	(15) - (12)%
		% dues & enrollment fee revenue	4.0%	3.2%	~3%
	All other center memberships	Membership count, end of period	731.0	770.6	758.5 – 761.5
		y/y change	1.0%	5.4%	4.8 – 5.2%
		% dues & enrollment fee revenue	96.0%	96.8%	~97%
Dues & Enrollment Fee Revenue growth (y/y)			**12.1%**	**13.7%**	**12.6 - 12.9%**

Q3 2026 Comparable Center Revenue

Our revenue growth strategy is resulting in strong comparable center revenue

Comparable Center Revenue[1]		Membership Mix[2]		Membership Price[3]		In-Center Businesses		Membership Volume[4]
8.7%	=	2.4%	+	3.0%	+	3.0%	+	0.3%

Key mix shift drivers:
- Members per membership
- Legacy membership churn
- Qualified Medical churn
- Affluent market expansion

- Sustainable price growth from legacy membership price changes and new join price changes

- High engagement drives in-center business growth

- Includes the impact of reduced Qualified Medical memberships

1. The Company includes a center, for comparable center revenue purposes, beginning on the first day of the 13th full calendar month of the center's operation, in order to assess the center's growth rate after one year of operation.
2. Membership Mix reflects the impact on our comparable center revenue from changes in membership mix (including membership type and members per membership) and the replacement of lower-dues memberships with new, higher-dues memberships over time.
3. Membership Price reflects the impact on our comparable center revenue from changes in the average membership dues across our center membership base. The average membership dues can be impacted by pricing changes applied to existing (legacy) members and changes in new join prices in the last twelve months at clubs within the comparable center revenue calculation.
4. Membership Volume reflects the impact on our comparable center revenue from the net change in the number of center memberships, calculated using the average month-end center membership counts for each period.