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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

| | Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. | |
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|--|--|--|

| 1. Name and Address of Reporting Person* GRAYSON CHELSEA A | | on* | 2. Issuer Name and Ticker or Trading Symbol <u>Xponential Fitness, Inc.</u> [XPOF] | (Check | tionship of Reporting Person(s) to Issuer all applicable) | | | | | | |
|---|--|-------|--|-----------------------|--|---------------------------------------|--|--|--|--|--|
| (Last) | , , , , , , , | | 3. Date of Earliest Transaction (Month/Day/Year) 05/10/2023 | | Director Officer (give title below) | 10% Owner Other (specify below) | | | | | |
| 17877 VON KARMAN AVE, SUITE 100 C/O XPONENTIAL FITNESS, INC. | | | 4. If Amendment, Date of Original Filed (Month/Day/Year) | Form filed by One Rep | | | | | | | |
| (Street) | | | | | Form filed by More tha | n One Reporting Person | | | | | |
| IRVINE | CA | 92614 | | | | | | | | | |
| (City) | (State) | (Zip) | | | | | | | | | |
| <u>e</u> | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | |

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) | | | 5. Amount of Securities Beneficially Owned Following Reported | Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership |
|---------------------------------|--|---|---|-------|--|---|-------------------|--|---|-------------------------|
| | | Code V Amount (A) or (D) Price | | Price | Transaction(s) (Instr. 3 and 4) | | (Instr. 4) | | | |
| Class A Common Stock | 05/10/2023 | | A | | 2,901(1) | Α | \$ <mark>0</mark> | 11,886 | D | |

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transac Code (Ir 8) | | on Derivative E | | Expiration Da | Expiration Date (Month/Day/Year) | | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | 9. Number of derivative Securities Beneficially Owned Following Reported | Ownership Form: Direct (D) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | |
|--|---|--|---|---------------------------------|------|-----------------|-----|---------------|-------------------------------------|--------------------|--|-------------------------------------|--|----------------------------------|--|--|
| | | | | | Code | v | (A) | (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | | Transaction(s) (Instr. 4) | | |

Explanation of Responses:

1. Represents the Issuer's Class A common stock subject to restricted stock units (RSUs) award granted to the Reporting Person for services on the Issuer's board of directors. All shares subject to the RSUs will vest, subject to continued service, on the first anniversary date of the Issuer's 2023 Annual Meeting of Stockholders.

/s/ John Meloun, as Attorney-in-Fact, for Chelsea Grayson 08/17/2023

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.