

TOWN SPORTS INTERNATIONAL HOLDINGS INC
 Form 3
 August 09, 2007

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
 Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *			2. Date of Event Requiring Statement		3. Issuer Name and Ticker or Trading Symbol	
Ruta Christopher			08/06/2007		TOWN SPORTS INTERNATIONAL HOLDINGS INC [CLUB]	
(Last)	(First)	(Middle)	4. Relationship of Reporting Person(s) to Issuer			5. If Amendment, Date Original Filed(Month/Day/Year)
5 PENN PLAZA			(Check all applicable)			6. Individual or Joint/Group Filing(Check Applicable Line)
(Street)			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below)			<input checked="" type="checkbox"/> Form filed by One Reporting Person
NEW YORK, NY NY 10001			SVP Sales & Operations			<input type="checkbox"/> Form filed by More than One Reporting Person
(City)	(State)	(Zip)				

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	300	D	

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

SEC 1473 (7-02)

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable Expiration Date	Title Amount or Number of			

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			Common Stock, par value	Shares		(I) (Instr. 5)	
Option (right to buy)	08/04/2007 ⁽¹⁾	08/04/2016	\$0.001 per share	12,000	\$ 12.05	D	Â
Option (right to buy)	04/30/2015	04/30/2015	\$0.001 per share	7,000	\$ 6.53	D	Â
Option (right to buy)	12/31/2008	06/01/2010	\$0.001 per share	1,680	\$ 1.6	D	Â
Option (right to buy)	Â ⁽²⁾	10/23/2013	\$0.001 per share	4,200	\$ 10.28	D	Â
Option (right to buy)	12/31/2007	12/31/2008	\$0.001 per share	560	\$ 0.03	D	Â
Option (right to buy)	Â ⁽²⁾	06/01/2010	\$0.001 per share	2,520	\$ 5.35	D	Â
Option (right to buy)	12/31/2012	07/23/2013	\$0.001 per share	16,800	\$ 6.53	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Ruta Christopher 5 PENN PLAZA NEW YORK, NY 10001	Â	Â	Â SVP Sales & Operations	Â

Signatures

/s/ Robert Kane, as
Attorney-in-Fact

08/09/2007

__Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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).

This option is subject to a vesting schedule during which 25% of the shares subject to the option vest on each of the first four

- (1) anniversaries of the grant date. This option is also subject to vesting earlier than the date indicated in the event of a Change in Control (as defined in the Issuer's 2006 Stock Incentive Plan) of the Issuer.
- (2) This option has fully vested.

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

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