

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

**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	Â

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