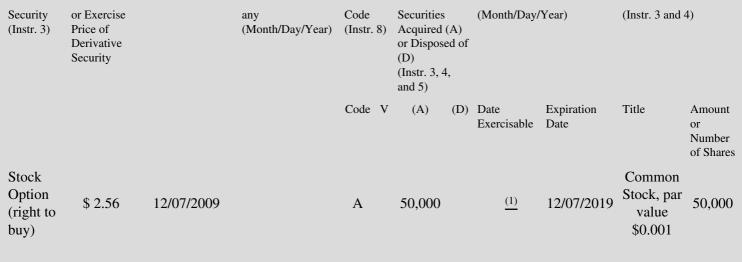
## Edgar Filing: Milford Scott R - Form 4

Milford Scott I Form 4	R								
December 09,	2009								
FORM	Δ								PPROVAL
Washington, D.C. 20549							N OMB Number:	3235-0287	
Check this if no longer	-							Expires:	January 31, 2005
subject to Section 16. Form 4 or	MENT OI	F CHANGES IN BENEFICIAL OWNE SECURITIES				WNERSHIP OF	Estimated a burden hou response	d average ours per	
Form 5 obligations may continu <i>See</i> Instruct 1(b).	ue. Section 17	(a) of the l	Public U	Jtility Hol	ding Coi		nge Act of 1934, c of 1935 or Section 1940	on	
(Print or Type Res	sponses)								
1. Name and Address of Reporting Person <u>*</u> Milford Scott R			2. Issuer Name <b>and</b> Ticker or Trading Symbol TOWN SPORTS INTERNATIONAL HOLDINGS INC [CLUB]				5. Relationship of Reporting Person(s) to Issuer		
							(Check all applicable)		
(Last) (First) (Middle) 5 PENN PLAZA			3. Date of Earliest Transaction (Month/Day/Year) 12/07/2009			XOfficer (give titleOther (specify below) below) SVP-Human Resources			
(Street)			<ul><li>4. If Amendment, Date Original</li><li>Filed(Month/Day/Year)</li></ul>			6. Individual or Joint/Group Filing(Check Applicable Line)			
NEW YORK,	, NY 10001						_X_ Form filed by Form filed by Person	One Reporting Po More than One Ro	
(City)	(State)	(Zip)	Tał	ble I - Non-I	Derivative	Securities A	Acquired, Disposed of	of, or Beneficia	lly Owned
	Transaction Date Month/Day/Year)	Execution any	Date, if	3. Transactio Code (Instr. 8)	Disposed (Instr. 3,	(A) or of (D) 4 and 5) (A) or	Securities Beneficially Owned		7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code V	Amount	(D) Price	× ,		
Reminder: Repor	t on a separate line	e for each cl	ass of sec	curities benef	ficially ow	ned directly	or indirectly.		
					inforr requi	nation cont red to resp ays a curre	spond to the colle tained in this form ond unless the for ntly valid OMB co	n are not rm	SEC 1474 (9-02)
	Tab					posed of, or convertible	Beneficially Owned securities)	1	

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of	f 8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities	D

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## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Milford Scott R 5 PENN PLAZA NEW YORK, NY 10001			SVP-Human Resources				
Signatures							
/s/ David Kastin for Scott Milford	1	2/09/2009					
**Signature of Reporting Person		Date					

## **Explanation of Responses:**

\* 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).

(1) These options vest in four equal annual installments commencing on December 7, 2010, the first anniversary of the grant date.

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.

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