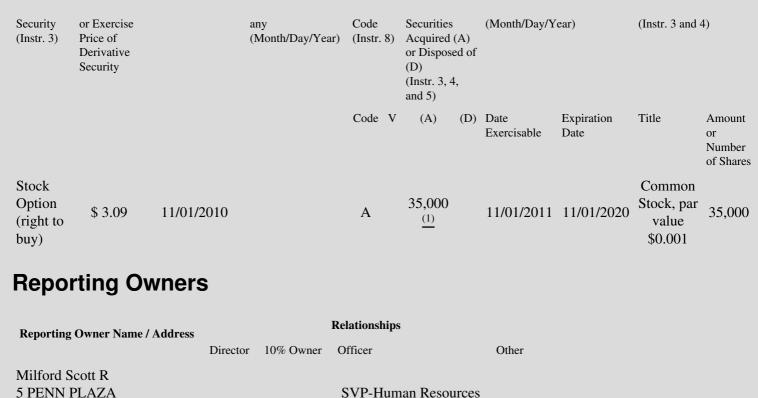
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Milford Scott Form 4	R									
November 02	2. 2010									
FORM	Л						COMMISSION		PPROVAL	
	N OMB Number:	3235-0287								
Check this if no long	or							Expires:	January 31, 2005	
subject to Section 16 Form 4 or	51AIE N 5.	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP SECURITIES							average urs per . 0.5	
Form 5 obligation may conti <i>See</i> Instru 1(b).	^{is} nue. Section 17((a) of the l	Public U	Jtility Hol	ding Cor		nge Act of 1934, of 1935 or Section 940			
(Print or Type R	esponses)									
1. Name and Address of Reporting Person <u>*</u> Milford Scott R			2. Issuer Name and Ticker or Trading Symbol TOWN SPORTS			Trading	5. Relationship of Reporting Person(s) to Issuer			
			INTERNATIONAL HOLDINGS INC [CLUB]			LDINGS	(Check all applicable) Director 10% Owner			
(Last) (First) (Middle)			3. Date of Earliest Transaction (Month/Day/Year)			below)	ve title Oth below) Human Resource			
5 PENN PLA	AZA		11/01/2	2010						
	4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person						
NEW YORK	K, NY 10001						Form filed by Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-I	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
	2. Transaction Date Month/Day/Year)	Execution any	Date, if	3. Transaction Code (Instr. 8)	Disposed	(A) or of (D)	Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	Amount		(Instr. 3 and 4)			
Reminder: Repo	ort on a separate line	e for each cl	ass of sec	urities benef	ficially ow	ned directly o	or indirectly			
	r				Perso inforn requir	ns who res nation cont red to respo ays a curre	spond to the colle ained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)	
	Tab					posed of, or convertible s	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
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities

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Signatures

NEW YORK, NY 10001

/s/ David Kastin for Scott Milford

11/02/2010

**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 November 1, 2011, 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.