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BRUCKMAN	NN BRUCE											
Form 4	012											
January 17, 2013 FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL			
UNITED STATES SECURITIES AND EXCHANGE Washington, D.C. 20549							NGE (COMMISSION	OMB Number:	3235-0287		
Check this if no longe				CIA			Expires:	January 31, 2005				
subject to Section 16 Form 4 or Form 5 obligation may contin <i>See</i> Instruct 1(b).	5. Filed pur snue. Section 17(Section 16 Public Uti	SECURI (a) of the	Estimated average burden hours per response 0.								
(Print or Type R	esponses)											
			2. Issuer Name and Ticker or Trading Symbol TOWN SPORTS INTERNATIONAL HOLDINGS INC [CLUB]					5. Relationship of Issuer (Chec _X_ Director	ck all applicable			
(Last)	(First) (1	Middle)	3. Date of Earliest Transaction				Officer (give below)	er (specify				
	MANN, ROSS & CO., 126 EAS TH FLOOR		(Month/Da 01/16/20	-					below)			
Filed(Mont				ndment, Date Original th/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
NEW YORK	, NY 10022							Person		porting		
(City)	(State)	(Zip)	Table	e I - Non-De	erivative S	ecuri	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)	Execution Execution	med on Date, if Day/Year)	Transactio Code (Instr. 8)	4. Securities onAcquired (A) Disposed of ((Instr. 3, 4 an (A or Amount (D		r)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock, par value \$0.001	01/16/2013			А	3,964 (1)	A	\$ 0	1,142,742	D			
Common Stock, par value \$0.001								8,238	I	BCB Family Partners, L.P. (2)		

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

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 control number.

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Titl	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration D	ate	Amou	nt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									A		
									Amount		
						Date	Expiration	T:41-	or Norshan		
						Exercisable	Date		Number		
				Code V	(Λ) (D)				of		
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address		Relationships						
		Director	10% Owner	Officer	Other			
BRUCKMANN BRUCE C/O BRUCKMANN, ROSSER, SHI 126 EAST 56TH STREET, 29TH FI NEW YORK, NY 10022	Х							
Signatures								
/s/ David Kastin, Attorney-in-Fact	01/17/2013							
**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 shares were issued pursuant to the Registrant's 2006 Stock Incentive Plan, as amended, as the annual award of shares to directors puruant to the Amended and Restated Non-Employee Director Compensation Plan.
- (2) These shares are held by BCB Family Partners, L.P., of which the Reporting Person is the general partner.

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.