Edgar Filing:	TOWN SF	PORTS INT	FERNATIONAL	- HOLDINGS	INC - Form 4
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Form 4	RTS INTERNAT	TIONAL H	IOLDIN	GS INC							
November 1	8, 2014										
FORM	14		~							PPROVAL	
	UNITED	STATES		ITIES A hington,			NGE (COMMISSION	OMB Number:	3235-0287	
Check the if no long	ter								Expires:	January 31,	
subject to Section 1 Form 4 o	6. SIAIE N	CHAN	CHANGES IN BENEFICIAL OWNERSH SECURITIES					Estimated a burden hou response	rs per		
Form 5 obligations may continue.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 1(b).Iterational actional action											
(Print or Type I	Responses)										
1. Name and Address of Reporting Person <u>*</u> ARNOLD PAUL			2. Issuer Name and Ticker or Trading Symbol					5. Relationship of Reporting Person(s) to Issuer			
	TOWN SPORTS INTERNATIONAL HOLDINGS INC [CLUB]					GS	(Check all applicable) X Director 10% Owner				
(Last)	(First) (N		3. Date of Earliest Transaction (Month/Day/Year)					Officer (give below)	titleOtho	er (specify	
C/O TOWN INTERNAT PENN PLA	TIONAL HOLDI		11/14/20	-							
	(Street)		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 YOR	K, NY 10001							Form filed by M Person	Iore than One Re	eporting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ties Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deem Execution any (Month/D	Date, if	3. Transactic Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4	sposed 4 and 5 (A)	l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock, par value \$0.001	11/14/2014			Р	10,000	A	\$ 5.73	63,252	D		
Common Stock, par value \$0.001	11/17/2014			Р	10,000	A	\$ 5.64	73,252	D		

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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 Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transact Code (Instr. 8)	5. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	ate	7. Title Amoun Underl Securit (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

A C 5 N S

> / A

Reporting Owner Name / Address		Relationships					
		Director	10% Owner	Officer	Other		
ARNOLD PAUL C/O TOWN SPORTS INTERNATIONAL HOLDINGS 5 PENN PLAZA NEW YORK, NY 10001		Х					
Signatures							
/s/ David Kastin, Attorney-in-Fact	11/18/2014						
**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).

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.