## Edgar Filing: TOWN SPORTS INTERNATIONAL HOLDINGS INC - Form 4

TOWN SPO Form 4 March 09, 20	RTS INTERN	IATIONAL	HOLDIN	GS INC							
<b>FORM</b> Check thi if no long subject to Section 1 Form 4 or Form 5 obligation may cont <i>See</i> Instru 1(b).	<b>14</b> UNITE is box ger 6. r f. f. f. f. f. f. f. f. f. f. f. f. f.	EMENT O pursuant to 17(a) of the	Was F CHAN Section 10	hington, GES IN I SECUR 5(a) of the ility Hold	D.C. 205 BENEFIC ITIES e Securitic ling Comj	49 CIAI es Ex pany	<b>COW</b> chang Act of	COMMISSION NERSHIP OF ge Act of 1934, f 1935 or Sectio 40	OMB Number: Expires: Estimated a burden hou response	rs per	
1. Name and A Wells Louis (Last)	ddress of Report	(Middle)	Symbol TOWN INTERN INC [CI	SPORTS NATION LUB] Earliest Tr. ay/Year)	AL HOLI		-	5. Relationship of Issuer (Chec X_ Director Officer (give below)	k all applicable		
(Street) 4. If Amer				endment, Date Original nth/Day/Year)				<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_Form filed by One Reporting Person</li> <li>Form filed by More than One Reporting</li> </ul>			
(City)	(State)	(Zip)				•		Person			
1.Title of Security (Instr. 3)	2. Transaction (Month/Day/Y	Date 2A. Dee ear) Executio any		3.	4. Securiti on(A) or Dis (D) (Instr. 3, 4	ies Ac sposed	quired of	Juired, Disposed of 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	-	
Common Stock, par value \$0.001	03/08/2017			А	13,000 (1)	A	\$0	27,235	D		

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

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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. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Unde Secur	le and unt of rlying rities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

## **Reporting Owners**

<b>Reporting Owner Name / Address</b>								
	Director	10% Owner	Officer	Other				
Wells Louis Spencer C/O RMFT ADVISORS, LLC 2935 PACIFIC SAN FRANCISCO, CA 94115	Х							
Signatures								
/s/ Kieran Sikso, Attorney-in-Fact	03	3/09/2017						
**Signature of Reporting Person		Date						
Explanation of Responses:								

## pianalion or nesponses.

- \* 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).
- These shares were issued pursuant to the Registrant's 2006 Stock Incentive Plan, as amended, as an additional award of shares to directors (1) pursuant to the Amended and Restated Non-Employee Director Compensation Plan, effective March 8, 2017.

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.