Edgar Filing: ARNOLD PAUL - Form 4

ARNOLD PA Form 4	AUL										
September 17	7, 2008										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL		
		SECURITIES AND EXCHANGE COMM Washington, D.C. 20549					OMB Number:	3235-0287			
Check this if no long subject to Section 16 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	uant to S	OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES to Section 16(a) of the Securities Exchange Act of 1934, he Public Utility Holding Company Act of 1935 or Sectio (h) of the Investment Company Act of 1940						Expires: January 31 2005 Estimated average burden hours per response 0.5 n			
(Print or Type R	esponses)										
ARNOLD PAUL Sy T			2. Issuer Name and Ticker or Trading Symbol TOWN SPORTS INTERNATIONAL HOLDINGS INC [CLUB]				-	 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner 			
(Montl				e of Earliest Transaction h/Day/Year) 5/2008				Officer (give titleOther (specify below)			
	(Street) 4. If Amen Filed(Mont				-			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
FAIRFAX, V	VA 22033							Person		porting	
(City)	(State) (Zip)	Table	e I - Non-Do	erivative S	Securi	ties Ace	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	ty (Month/Day/Year) Execution Date, if		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or				Securities Beneficially G Owned D Following G Reported Transaction(s)	6. Ownership Form: Direct D) or Indirect (I) Instr. 4)			
Common Stock, par value \$0.001	09/16/2008			Code V $J(\underline{1})$	Amount 942		Price \$ 0	(Instr. 3 and 4) 42,255	D		

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.

Edgar Filing: ARNOLD PAUL - Form 4

 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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	int of rlying	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

Reporting Owner Name / Address	Relationships						
r	Director	10% Owner	Officer	Other			
ARNOLD PAUL C/O CORT BUSINESS SERVICE CORP 4401 FAIR LAKES COURT FAIRFAX, VA 22033	X						
Signatures							
/s/ David M. Kastin, Attorney-in-Fact	09/17/200						
**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) Pro rata distribution from Bruckmann, Rosser, Sherrill & Co., L.P. ("BRS"), of which the Reporting Person is a limited 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.