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BRUCKMA Form 4 August 19, 20											
FORM Check thi	4 UNITEI		ITIES Al hington,	OMB AI OMB Number: Expires:	PROVAL 3235-0287 January 31,						
if no long subject to Section 10 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	5. Filed p Section 1'	Section 16 Public Ut	GES IN I SECUR	Estimated average burden hours per response 0.							
(Print or Type Responses) 1. Name and Address of Reporting Person <u>*</u> BRUCKMANN BRUCE			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) XDirectorX10% Owner			
	(First) KMANN, ROS & CO., 126 EA TH FLOOR		3. Date of (Month/D 08/18/20	-	ansaction			Officer (give below)	titleOtho	er (specify	
				endment, Date Original nth/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			
(City)	(State)	(Zip)	Table	e I - Non-De	erivative S	ecurit	ies Aca	Person uired, Disposed of	f. or Beneficial	lv Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	ransaction Date 2A. Deemed			4. Securiti n(A) or Dis (Instr. 3, 4) Amount	es Acoposed	quired of (D)	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	08/18/2011			Code V P		A	\$ 7.34 (1)	1,095,650	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.

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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. Transacti Code (Instr. 8)	5. 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 Secu Bene Owna 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					
		Director	10% Owner	Officer	Other		
BRUCKMANN BRUCE C/O BRUCKMANN, ROSSER, SHERRILL & CO. 126 EAST 56TH STREET, 29TH FLOOR NEW YORK, NY 10022		Х	Х				
Signatures							
/s/ David Kastin, Attorney-in-Fact	08/19/2011						

**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).

The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$7.27 to \$7.38, inclusive. The reporting person undertakes to provide to Town Sports International Holdings, Inc., any security holder of Town Sports International Holdings, Inc., or the staff of the Securities and Exchange Commission, upon request, full information regarding the

number of shares sold at each separate price within the range set forth in this footnote.

(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.

(1)