

BALLY TOTAL FITNESS HOLDING CORP

Form 3

March 17, 2006

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES**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

(Print or Type Responses)

1. Name and Address of Reporting  
Person \*

Â Massimino Thomas S

(Last)

(First)

(Middle)

2. Date of Event Requiring  
Statement

(Month/Day/Year)

03/10/2006

3. Issuer Name **and** Ticker or Trading Symbol

BALLY TOTAL FITNESS HOLDING CORP [BFT]

4. Relationship of Reporting  
Person(s) to Issuer5. If Amendment, Date Original  
Filed(Month/Day/Year)BALLY TOTAL FITNESS  
HOLDINGCORPORATION,Â 8700 WEST  
BRYN MAWR AVENUE

(Street)

(Check all applicable)

☐ Director ☐ 10% Owner☒ Officer ☐ Other  
(give title below) (specify below)

Sr. VP, Operations

6. Individual or Joint/Group

Filing(Check Applicable Line)

☒ Form filed by One Reporting  
Person☐ Form filed by More than One  
Reporting Person

CHICAGO,Â ILÂ 60631

(City)

(State)

(Zip)

**Table I - Non-Derivative Securities Beneficially Owned**1. Title of Security  
(Instr. 4)2. Amount of Securities  
Beneficially Owned  
(Instr. 4)3. Ownership  
Form:  
Direct (D)  
or Indirect  
(I)  
(Instr. 5)4. Nature of Indirect Beneficial  
Ownership  
(Instr. 5)

Common Stock

20,200 <sup>(1)</sup>

D

Â

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

SEC 1473 (7-02)

**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 Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**1. Title of Derivative  
Security  
(Instr. 4)2. Date Exercisable and  
Expiration Date  
(Month/Day/Year)3. Title and Amount of  
Securities Underlying  
Derivative Security4. Conversion  
or Exercise5. Ownership  
Form of6. Nature of Indirect  
Beneficial  
Ownership

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	Date Exercisable	Expiration Date	(Instr. 4) Title	Amount or Number of Shares	Price of Derivative Security	Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	(Instr. 5)
Stock Option (right to buy)	11/21/1998 <sup>(2)</sup>	11/21/2007	Common Stock	4,000	\$ 17.5625	D	Â
Stock Option (right to buy)	09/15/1999 <sup>(2)</sup>	09/15/2008	Common Stock	3,000	\$ 18.5	D	Â
Stock Option (right to buy)	06/10/2000 <sup>(2)</sup>	06/10/2009	Common Stock	2,000	\$ 24.375	D	Â
Stock Option (right to buy)	09/21/2000 <sup>(2)</sup>	09/21/2009	Common Stock	5,000	\$ 32.9375	D	Â
Stock Option (right to buy)	12/05/2001 <sup>(2)</sup>	12/05/2010	Common Stock	5,000	\$ 27.94	D	Â
Stock Option (right to buy)	09/20/2002 <sup>(2)</sup>	09/20/2011	Common Stock	5,000	\$ 20.2	D	Â
Stock Option (right to buy)	05/15/2004 <sup>(3)</sup>	05/15/2013	Common Stock	10,000	\$ 6.04	D	Â
Stock Option (right to buy)	10/30/2004 <sup>(3)</sup>	10/30/2013	Common Stock	20,000	\$ 7	D	Â
Stock Option (right to buy)	03/08/2006 <sup>(3)</sup>	03/08/2015	Common Stock	15,000	\$ 4.21	D	Â
Stock Option (right to buy)	11/29/2006 <sup>(3)</sup>	11/29/2015	Common Stock	3,000	\$ 7.01	D	Â

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Massimino Thomas S BALLY TOTAL FITNESS HOLDING CORPORATION 8700 WEST BRYN MAWR AVENUE CHICAGO, IL 60631	Â	Â	Â Sr. VP, Operations	Â

## Signatures

/s/ Thomas S. Massimino, By Marc Bassewitz,  
Agent 03/17/2006

\_\_Signature of Reporting Person

Date

## Explanation of Responses:

\* If the form is filed by more than one reporting person, *see* Instruction 5(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).

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- (1) Includes 200 shares owned directly and 20,000 shares subject to Restricted Stock Awards.
- (2) These options vested in 1/3 increments on an annual basis commencing on the first anniversary of the date of grant. All of these options are currently exercisable.
- (3) These options vest in 1/3 increments on an annual basis commencing on the first anniversary of the date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure.

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