

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 Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) Sr. VP, Operations	5. If Amendment, Date Original Filed(Month/Day/Year)
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BALLY TOTAL FITNESS HOLDING CORPORATION,Â 8700 WEST BRYN MAWR AVENUE
 (Street)

CHICAGO,Â ILÂ 60631
 (City) (State) (Zip)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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 ⁽¹⁾	D	Â

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

SEC 1473 (7-02)

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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 Security	4. Conversion or Exercise	5. Ownership Form of	6. 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 ⁽²⁾	11/21/2007	Common Stock	4,000	\$ 17.5625	D	Â
Stock Option (right to buy)	09/15/1999 ⁽²⁾	09/15/2008	Common Stock	3,000	\$ 18.5	D	Â
Stock Option (right to buy)	06/10/2000 ⁽²⁾	06/10/2009	Common Stock	2,000	\$ 24.375	D	Â
Stock Option (right to buy)	09/21/2000 ⁽²⁾	09/21/2009	Common Stock	5,000	\$ 32.9375	D	Â
Stock Option (right to buy)	12/05/2001 ⁽²⁾	12/05/2010	Common Stock	5,000	\$ 27.94	D	Â
Stock Option (right to buy)	09/20/2002 ⁽²⁾	09/20/2011	Common Stock	5,000	\$ 20.2	D	Â
Stock Option (right to buy)	05/15/2004 ⁽³⁾	05/15/2013	Common Stock	10,000	\$ 6.04	D	Â
Stock Option (right to buy)	10/30/2004 ⁽³⁾	10/30/2013	Common Stock	20,000	\$ 7	D	Â
Stock Option (right to buy)	03/08/2006 ⁽³⁾	03/08/2015	Common Stock	15,000	\$ 4.21	D	Â
Stock Option (right to buy)	11/29/2006 ⁽³⁾	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. 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.