

BALLY TOTAL FITNESS HOLDING CORP  
Form 8-K  
August 10, 2004

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C.

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**FORM 8-K**

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(d) OF  
THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of Earliest Event Reported): **August 9, 2004**

**BALLY TOTAL FITNESS HOLDING CORPORATION**

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(Exact name of registrant as specified in its charter)

Commission file number: **0-27478**

<b>Delaware</b>	<b>36-3228107</b>
(State or other jurisdiction of incorporation)	(I.R.S. Employer Identification No.)
<b>8700 West Bryn Mawr Avenue, Chicago, Illinois</b>	<b>60631</b>
	(Zip Code)

(Address of principal  
executive offices)

Registrant's telephone  
number, including  
area code: (773)  
380-3000

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BALLY TOTAL FITNESS HOLDING CORPORATION

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Current Report

Item 7. Financial Statements and Exhibits

c. Exhibits

99 Press Release dated August 9, 2004

Item 12. Results of Operations and Financial Condition

On August 9, 2004, Bally Total Fitness Holding Corporation issued a press release announcing a delay in reporting its results for the quarter ended June 30, 2004 and in the filing of its Quarterly Report on Form 10-Q for that period. A copy of the release is attached hereto as Exhibit 99 and incorporated by reference herein.

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this Report to be signed on its behalf by the undersigned hereunto duly authorized.

BALLY TOTAL FITNESS HOLDING CORPORATION

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Registrant

Dated: August 9, 2004

/s/ William G. Fanelli

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William G. Fanelli  
Senior Vice President, Acting Chief Financial Officer