

BALLY TOTAL FITNESS HOLDING CORP

Form 3

March 17, 2006

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

OMB APPROVAL

OMB
Number: 3235-0104Expires: January 31,
2005Estimated average
burden hours per
response... 0.5**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 Holmberg Gail J

(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)

(Check all applicable)

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

Sr. VP, Chief Info. Officer

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

28,400 ⁽¹⁾

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)	02/17/2004 ⁽²⁾	02/17/2013	Common Stock	10,000	\$ 6.55	D	Â
Stock Option (right to buy)	05/15/2004 ⁽³⁾	05/15/2013	Common Stock	5,000	\$ 6.04	D	Â
Stock Option (right to buy)	10/30/2004 ⁽³⁾	10/30/2013	Common Stock	10,000	\$ 7	D	Â
Stock Option (right to buy)	03/08/2006 ⁽³⁾	03/08/2015	Common Stock	25,000	\$ 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
Holmberg Gail J BALLY TOTAL FITNESS HOLDING CORPORATION 8700 WEST BRYN MAWR AVENUE CHICAGO, IL 60631	Â	Â	Â Sr. VP, Chief Info. Officer	Â

Signatures

/s/ Gail J. Holmberg, 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).

(1) Includes 13,400 shares owned directly and 15,000 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.