

WILDMAN JOHN H
Form 4
December 06, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN 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 *
WILDMAN JOHN H

2. Issuer Name and Ticker or Trading Symbol
BALLY TOTAL FITNESS HOLDING CORP [BFT]

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)

(Last) (First) (Middle)
8700 WEST BRYN MAWR AVENUE
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
12/02/2005

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
COO and Sr. VP

CHICAGO, IL 60631

4. If Amendment, Date Original Filed(Month/Day/Year)

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

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)		
				Code	V	Amount				(A) or (D)	Price
Common Stock	12/02/2005		M			35,000	A	\$ 4.125	280,000	D	
Common Stock	12/02/2005		S			200	D	\$ 6.7526	279,800	D	
Common Stock	12/02/2005		S			10,000	D	\$ 6.76	269,800	D	
Common Stock	12/02/2005		S			9,400	D	\$ 6.8	260,400	D	
Common Stock	12/02/2005		S			600	D	\$ 6.81	259,800	D	

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Common Stock	12/02/2005	S	5,000	D	\$ 6.83	254,800	D
Common Stock	12/02/2005	S	60,000	D	\$ 6.85	194,800	D
Common Stock	12/02/2005	S	100	D	\$ 6.8526	194,700	D
Common Stock	12/02/2005	S	5,000	D	\$ 6.86	189,700	D
Common Stock	12/02/2005	S	10,700	D	\$ 6.89	179,000	D
Common Stock	12/02/2005	S	23,400	D	\$ 6.9	155,600	D
Common Stock	12/02/2005	S	7,600	D	\$ 6.91	148,000	D
Common Stock	12/02/2005	S	3,000	D	\$ 6.94	145,000	D
Common Stock	12/02/2005	S	5,800	D	\$ 6.98	139,200	D
Common Stock	12/02/2005	S	1,200	D	\$ 6.99	138,000	D
Common Stock	12/02/2005	S	25,100	D	\$ 7	112,900	D
Common Stock	12/02/2005	S	2,400	D	\$ 7.04	110,500	D
Common Stock	12/02/2005	S	500	D	\$ 7.1	110,000	D
Common Stock	12/02/2005	S	1,900	D	\$ 7.16	108,100	D
Common Stock	12/02/2005	S	3,100	D	\$ 7.18	105,000	D
Common Stock	12/02/2005	S	5,000	D	\$ 7.27	100,000	D
Common Stock	12/02/2005	S	2,600	D	\$ 7.5	97,400	D
Common Stock	12/02/2005	S	2,400	D	\$ 7.52	95,000 ⁽¹⁾	D

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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
Stock Option (right to buy)	\$ 4.125	12/02/2005		M	35,000	02/28/1997 ⁽²⁾ 02/28/2006	Common Stock 35,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WILDMAN JOHN H 8700 WEST BRYN MAWR AVENUE CHICAGO, IL 60631			COO and Sr. VP	

Signatures

/s/ John H. Wildman By Marc Bassewitz,
Agent 12/06/2005

**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).
- (1) Includes 35,000 shares owned directly and restricted stock awards of 60,000 shares owned directly. (The forfeiture provisions of all previously reported restricted stock awards other than the 60,000 granted 11/29/2005 have lapsed.)
- (2) All of these options were exercisable as of 2/28/2000.

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