



TOWN SPORTS INTERNATIONAL

Boston Sports Clubs Announces Partnership with KIND Healthy Snacks in Support of Nurses

May 4, 2018

NEW YORK--(BUSINESS WIRE)--May 4, 2018-- Just in time for National Nurses Day, **Boston Sports Clubs** ("BSC"), a leading fitness provider in Massachusetts, is partnering with **KIND Healthy Snacks** ("KIND") to celebrate and support hardworking nurses through a "do the KIND thing" initiative. During the month of May, all BSC locations in Massachusetts will offer complimentary fitness assessments and personal training sessions to working nurses along with free access to any BSC Massachusetts location on each Monday during the month. Participating nurses will also receive a KIND Protein From Real Food™ bar with 12 grams of protein and tasty whole ingredients. The first 10 nurses at each BSC will also receive a tote bag with a 4-pack of the KIND Protein bars and other partner products, including face wipes, coffee, and water.

"Nurses spend all day taking care of others and we want to give them a chance to focus on themselves. We're offering working nurses a free fitness assessment and a personal training session - if fitness is something they're interested in, they can become informed and get started whenever they're ready" explains Steven Davis, Head of Marketing and Business Development for Boston Sports Clubs and Town Sports International Holdings, Inc., the parent company that owns and operates BSC. "By supporting nurses, we seek to empower the men and women who selflessly support our communities every day. Realizing that long hours and stressful work conditions don't foster the best conditions for a healthy lifestyle, we want to be able to offer nurses the chance to check in on their fitness and jump start their goals" says Davis.

"KIND has long been committed to helping people treat their bodies and taste buds with kindness. For this reason, we're thrilled to partner with BSC to help local nurses reach their health and nutrition goals this month." says Toni MacDonald, Boston Field Marketing Manager for KIND. "Nurses embody kindness, and this is one small way of showing our gratitude for all that they do."

Nurses can visit any BSC location in Massachusetts through May 31st to get paired with a certified personal trainer and redeem their fitness assessment, workout and complimentary KIND snack.

About Boston Sports Clubs

Boston Sports Clubs is a leading owner and operator of fitness clubs in Massachusetts and Rhode Island. Boston Sports Clubs is a subsidiary of Town Sports International Holdings, Inc. To learn more about BSC please visit www.bostonsportsclubs.com.

About KIND Healthy Snacks

Since its founding in 2004, KIND has been on a mission to make the world a little kinder one snack and one act at a time. KIND was born out of its founder's desire to create a snack that was healthy and tasty, wholesome and convenient. What began as a line of premium Fruit & Nut bars sparked the creation of an entirely new healthier snacking category. Today, KIND has a family of more than 70 snacks that offer solutions for a variety of different occasions.

KIND was founded with a social mission, called the KIND Movement, which celebrates and inspires kindness through acts big and small. Today, the Movement is brought to life through both the brand and The KIND Foundation. To learn more about KIND and to join the Movement, visit kindsnacks.com.

About Town Sports International Holdings, Inc.

Town Sports International Holdings, Inc. (NASDAQ: CLUB) is a diversified holding company that owns subsidiaries engaged in a number of business and investment activities. The Company's largest operating subsidiaries have been involved in the fitness industry since 1973 and have grown to become a leading owner and operator of fitness clubs in the Northeast. Town's corporate structure provides flexibility to make investments across a broad spectrum of industries in order to create long-term value for shareholders. Town Sports International is led by its Chief Executive Officer and Chairman of the Board, Patrick Walsh. To learn more about TSI visit www.townsportsinternational.com.

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