



## **New York Sports Clubs Opens 100th Location**

### **Town Sports International Announces Milestone in Company's History**

NEW YORK, Jan 03, 2007 /PRNewswire-FirstCall via COMTEX News Network/ -- Town Sports International Holdings, Inc. ("TSI") (Nasdaq: CLUB), a leading owner and operator of fitness clubs in the Northeast and Mid-Atlantic region, today announced the opening of its 100th New York Sports Club (NYSC) in the metro New York area, conveniently located in a premier neighborhood in midtown Manhattan.

Bob Giardina, Chief Executive Officer of TSI said, "The opening of our 100th club in the New York area is a significant milestone for Town Sports International, as it underscores the degree of penetration of our unique strategy in the metro area. Through our clustering model that focuses on densely populated metropolitan areas in both urban and suburban core markets, we have successfully made fitness convenient to our members both where they work and where they live."

"TSI has achieved very impressive growth over the past 16 years, expanding from just nine clubs to over 145 today. In 2007, we will be opening approximately 15 clubs, the largest number of TSI club openings in more than three years. By accomplishing this goal we will solidify our position as a leader in the fitness industry and further enhance the potential of our unique brand, as we continue to increase shareholder value," Giardina continued.

The new 15,000 square foot NYSC club is conveniently located at 885 Second Avenue, on the corner of 48th Street. Members will enjoy state-of-the-art equipment with audiovisual entertainment and outstanding amenities to enhance their overall experience. In addition, a wide variety of fitness options will be available, including multiple studios featuring cycling and group exercise classes.

About Town Sports International Holdings, Inc.:

New York-based Town Sports International Holdings, Inc. is a leading owner and operator of fitness clubs in the Northeast and mid-Atlantic regions of the United States. In addition to New York Sports Clubs, TSI operates under the brand names of Boston Sports Clubs, Washington Sports Clubs and Philadelphia Sports Clubs, with 146 clubs and approximately 447,000 members in the U.S. as of December 31, 2006. In addition, the Company operates three clubs in Switzerland with approximately 6,000 members. For more information on TSI visit <http://www.mysportsclubs.com>.

SOURCE Town Sports International Holdings, Inc.

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