



December 21, 2012

## **Town Sports International Holdings, Inc. Names Chris Ruta Vice President of Fitness**

NEW YORK, Dec. 21, 2012 /PRNewswire/ -- Town Sports International Holdings, Inc. ("TSI" or the "Company") (NASDAQ: CLUB) today announced the appointment of Chris Ruta as Vice President of Fitness effective December 31, 2012. Chris is a veteran of the fitness industry with more than 30 years of fitness operations and management experience and 16 years experience at TSI where he served in a broad spectrum of fitness and operations roles. He has a Masters Degree in Exercise and Physiology.

In his new role with the Company, Chris will be responsible for TSI's fitness product, including personal training and group exercise. He will report to the COO, Terry Kew, with the goal of delivering the highest quality member experience. Among many core functions, Chris will provide overall leadership for the Company's fitness strategy, drive increased revenue by building and implementing an array of innovative fitness products and programs, and oversee the Company's highly-trained fitness professionals.

"After an extensive search to fill this position, we're extremely pleased to have Chris re-join our team," said Bob Giardina, TSI's President and CEO. "I previously worked with him for 13 years and have witnessed firsthand his strong leadership skills in action. I'm confident he will build and strengthen our team-oriented culture, positioning us well for future success."

### **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 and, through its subsidiaries, operated 160 fitness clubs as of September 30, 2012, comprising 108 New York Sports Clubs, 25 Boston Sports Clubs, 18 Washington Sports Clubs (two of which are partly-owned), six Philadelphia Sports Clubs, and three clubs located in Switzerland. These clubs collectively served approximately 522,000 members. For more information on TSI, visit <http://www.mysportsclubs.com>.

SOURCE Town Sports International Holdings, Inc.

News Provided by Acquire Media