



January 3, 2013

Town Sports International Holdings, Inc. Announces Participation in the 15th Annual ICR XChange Conference

NEW YORK--(BUSINESS WIRE)-- Town Sports International Holdings, Inc. (NASDAQ: CLUB) today announced that management will participate in the 15th Annual ICR XChange Conference held at the Fontainebleau Hotel in Miami Beach, Florida. Robert Giardina, President & Chief Executive Officer, and Dan Gallagher, Chief Financial Officer, are currently scheduled to present on Wednesday, January 16, 2013 at 8:00 a.m. Eastern Time.

The audio portion of the presentation will be webcast live at www.mysportsclubs.com under the Investor Relations section. An archived replay will be available two hours after the conclusion of the live event.

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 the Company, visit <http://www.mysportsclubs.com>.

From time to time we may use our Web site as a channel of distribution of material company information. Financial and other material information regarding the Company is routinely posted on and accessible at <http://www.mysportsclubs.com>. In addition, you may automatically receive email alerts and other information about us by enrolling your email by visiting the "Email Alerts" section at <http://www.mysportsclubs.com>.

Town Sports International Holdings, Inc., New York

Investor Contact:

212-246-6700 extension 1650

Investor.relations@town-sports.com

or

ICR, Inc.

Joseph Teklits / Farah Soi

203-682-8390

farah.soi@icrinc.com

Source: Town Sports International Holdings, Inc.

News Provided by Acquire Media