



July 28, 2015

In The Summertime When the Weather is Hot, Workout Indoors!

NYSC, BSC, WSC, and PSC Locations are Offering Free Workouts once the Temp Hits 90 Degrees

NEW YORK, July 28, 2015 /PRNewswire/ -- Town Sports International (TSI), the owner of New York, Boston, Washington, and Philadelphia Sports Clubs, is encouraging residents to take their workout indoors to escape the heat. Starting Tuesday, July 28, 2015, through Monday, August 31, 2015, all club locations will open their doors to the public for free workouts every time the temperature hits 90 degrees or above.

This offer allows access all hours and can be redeemed by referencing the "heat wave promotion" at the front desk of any NYSC, BSC, PSC, or WSC club location.

"We are committed to keeping the communities and neighborhoods we serve healthy and there are safety concerns when people exercise in extreme heat," says Patrick Walsh, Executive Chairman for Town Sports International. "That's why we're inviting everyone indoors to work out for free at our air-conditioned facilities in the middle of any heat wave."

Participants must be at least 18 years of age and will need to show photo ID. To find a club near you, please visit, www.mysportsclubs.com.

About Town Sports International Holdings, Inc.:

New York-based Town Sports International Holdings, Inc. (NASDAQ: CLUB) is one of the leading owners and operators of fitness clubs in the Northeast and mid-Atlantic regions of the United States and, through its subsidiaries, operated 158 fitness clubs as of March 31, 2015, comprising 108 New York Sports Clubs, 29 Boston Sports Clubs, 13 Washington Sports Clubs (two of which are partly-owned), five Philadelphia Sports Clubs, and three clubs located in Switzerland, and two BFX Studio locations. These clubs collectively served approximately 505,000 members as of March 31, 2015. For more information on TSI, visit <http://www.mysportsclubs.com>.

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