



STOTT PILATES and New York Sports Clubs Partner to Open Pilates Studio and Instructor Training Center

TORONTO--(BUSINESS WIRE)--Feb. 14, 2007--STOTT PILATES and New York Sports Clubs (NYSC) have joined forces to open the first fully-equipped STOTT PILATES studio and training center within a New York fitness club. Located inside NYSC Reade Street in Tribeca, the boutique-studio-inspired space will be unveiled to the fitness industry elite on Thursday, February 15, 2007 and will offer private and group Pilates classes, as well as STOTT PILATES' highly acclaimed instructor training.

"We are thrilled to be able to offer NYSC members the quintessential Pilates experience within a multi-purpose facility, while making our instructor training programs more accessible to fitness professionals in New York and surrounding areas," said Lindsay G. Merrithew, President and CEO, STOTT PILATES.

"New York Sports Clubs members will now have access to top-of-the-line STOTT PILATES equipment used by sports teams and health professionals around the world," said Allyson Donnelly, Director of Group Exercise for NYSC. "We are always looking at ways to enhance our members' experience, and we think they will enjoy these innovative and effective classes."

"Unlike other clubs that offer Pilates programming, New York Sports Clubs members will learn the latest techniques and repertoire because they will be immersed in a professional instruction and training environment," added Merrithew.

As the sister location to the STOTT PILATES International Certification Center in Toronto, NYSC Tribeca's instructor training program will be run from the STOTT PILATES corporate office and studio classes will be handled by the club's staff.

About STOTT PILATES

STOTT PILATES, a subsidiary of the Merrithew Corporation, is a full-service organization providing high-caliber Pilates education, videos and equipment worldwide. Founded in Toronto in 1988 by Lindsay G. Merrithew and Moira Merrithew, the company's mission is to promote the benefits of mind-body fitness across the globe. Visit www.stottpilates.com.

About Town Sports International Holdings, Inc.

New York-based Town Sports International Holdings, Inc. (TSI) (NASDAQ: CLUB) 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 www.mysportsclubs.com.

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