



TOWN SPORTS INTERNATIONAL

Town Sports International Invites Everyone to Work Out for Free Indoors!

July 19, 2019

NEW YORK--(BUSINESS WIRE)--Jul. 19, 2019-- Town Sports International Holdings Inc., ("TSI") the owner of New York Sports Clubs ("NYSC"), Boston Sports Clubs ("BSC"), Washington Sports Clubs ("WSC") and Philadelphia Sports Clubs ("PSC") is encouraging people to bring their workout indoors to escape the extreme heat. Starting on Friday, July 19th, 2019, through Saturday, August 31st, 2019, 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 anytime during operating hours and can be redeemed by referencing the "It's Too Hot Outside" promotion at the front desk of any NYSC, BSC, WSC or PSC location.

"Keeping our communities and neighborhoods safe in this extreme heat is a priority and 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." says Patrick Walsh, CEO and Chairman of TSI.

Participants must be at least 18 years of age and reside in the states in which TSI operates. Certain restrictions may apply. To find a club near you, please visit, www.mysportsclubs.com.

About Town Sports International Holdings, Inc.:

Town Sports International Holdings, Inc. (NASDAQ:CLUB) is a diversified holding company with subsidiaries engaged in a number of business and investment activities. The Company's largest operating subsidiary has been involved in the fitness industry since 1973 and has grown to become one of the largest owners and operators of fitness clubs in the Northeast region of the United States. TSI's corporate structure provides flexibility to make investments across a broad spectrum of industries in order to create long-term value for shareholders.

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