



July 23, 2014

Town Sports International Holdings, Inc. Announces Second Quarter 2014 Earnings Conference Call

NEW YORK--(BUSINESS WIRE)-- Town Sports International Holdings, Inc. ("TSI" or the "Company") (NASDAQ:CLUB) today announced that it will hold its quarterly conference call to discuss second quarter 2014 financial results on Wednesday, July 30, 2014 at 4:30 p.m. Eastern Time.

The conference call will be broadcast on the Company's website at <http://www.mysportsclubs.com>, in the "investor relations" section. An online archive of the webcast will be available within two hours of the conclusion of the call and will remain available for 30 days.

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 162 fitness clubs as of March 31, 2014, comprising 108 New York Sports Clubs, 29 Boston Sports Clubs, 16 Washington Sports Clubs (two of which are partly-owned), six Philadelphia Sports Clubs, and three clubs located in Switzerland. These clubs collectively served approximately 496,000 members. For more information on TSI, 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 Alert" section at <http://www.mysportsclubs.com>.

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