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Town Sports International Announces Participation in the ICR XChange Conference

NEW YORK--(BUSINESS WIRE)-- Town Sports International Holdings, Inc. (NASDAQ:CLUB), a leading owner and operator of fitness clubs operating under the brand names *New York Sports Clubs*, *Boston Sports Clubs*, *Washington Sports Clubs*, *Philadelphia Sports Clubs* and *BFX Studio*, today announced that management will participate in the 17th Annual ICR XChange Conference held at the JW Marriott Orlando Grande Lakes in Orlando, Florida. Management is currently scheduled to present on Monday, January 12, 2015 at 8:30 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 on that website will be available two hours after the conclusion of the live event. The slides accompanying the presentation will be posted to the www.mysportsclubs.com website shortly before the presentation. During the presentation, management plans to discuss, among other things, preliminary results of operations concerning the Company's fourth quarter ended December 31, 2014, including information with respect to membership trends and the progress of the roll-out of its "high-value, low-price" model.

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 158 fitness clubs as of September 30, 2014, comprising 107 New York Sports Clubs, 28 Boston Sports Clubs, 15 Washington Sports Clubs (two of which are partly-owned), five Philadelphia Sports Clubs, and three clubs located in Switzerland. These clubs collectively served approximately 479,000 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 Alerts" section at <http://www.mysportsclubs.com>.

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