



October 12, 2015

Town Sports International Holdings, Inc. Announces the Appointment of Michelle Ryan as Chief Marketing Officer and Leam Nelson as General Counsel and Corporate Secretary

NEW YORK--(BUSINESS WIRE)-- Town Sports International Holdings, Inc. ("TSI" or the "Company") (NASDAQ:CLUB) today announced the appointment of two new executives joining TSI on October 19, 2015. Michelle Ryan will join the company as Chief Marketing Officer and Leam Nelson will join the Company as General Counsel and Corporate Secretary.

"We are very excited to welcome Michelle and Leam to our team," said Greg Bartoli, the Company's Chief Operating Officer. "With their talent and impressive backgrounds in their respective fields we look forward to their contributions as we position the company for future growth."

Ms. Ryan joins the Company from Juicy Couture where she served as the Vice President of Global Digital and Social Strategy for the last four years. Previously, she worked with brands such as Armani Exchange, DKNY, Calvin Klein and Guess. Ms. Ryan has a Master of Business Administration from Cornell University, and significant experience leading the development and execution of global marketing and digital solutions across all mediums and channels. She is a transformational and innovative leader with keen ability to build brands.

Mr. Nelson comes to TSI from Hess Corporation where he has served as the Assistant General Counsel since 2011. He previously worked at Cravath, Swaine & Moore, LLP and King & Wood Mallesons. Mr. Nelson has extensive experience with domestic and international Mergers & Acquisitions, corporate, property and regulatory transactions, dispute resolution and general legal management. He received his law and business degree from the University of Melbourne.

About Town Sports International Holdings, Inc.:

New York-based Town Sports International Holdings, Inc. 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 154 fitness clubs as of June 30, 2015, comprising 106 New York Sports Clubs, 27 Boston Sports Clubs, 13 Washington Sports Clubs (two of which are partly-owned), five Philadelphia Sports Clubs, and three clubs located in Switzerland, and three BFX Studio. These clubs collectively served approximately 525,000 members as of June 30, 2015. 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>.

View source version on [businesswire.com](http://www.businesswire.com): <http://www.businesswire.com/news/home/20151012005991/en/>

Town Sports International Holdings, Inc., New York
Investor Contact:
917-765-9974 extension 1775
Investor.relations@town-sports.com

Source: Town Sports International Holdings, Inc.

News Provided by Acquire Media