



November 6, 2014

## **Boston Sports Clubs Open Three New Locations**

### **New openings grow health and fitness clubs' presence to 32 locations in Mass.**

BOSTON, Nov. 6, 2014 /PRNewswire/ -- Boston Sports Clubs (BSC), owned and operated by Town Sports International, announced the openings of three new health and fitness clubs in Canton, Dorchester and Wayland, Mass. The new facilities bring the total number of clubs to 32 in the Boston region.

All three Boston Sports Clubs offer members its signature UXF Training Zone - a functional fitness training area marked by green turf floors and equipment such as TRX suspension bands, kettle bells and battle ropes. Additionally, the club's group exercise schedule offers a variety of classes, ranging from weight and strength training classes like BodyPump and Shred (total body conditioning), as well as Spinning, Cardio Kickboxing, and Zumba. Personal trainers are also standing by to offer members one-on-one training experiences.

"We are excited to expand our collection of facilities in Massachusetts and offer the area a wide variety of fitness experiences and top of the line amenities," said Bob Giardina, CEO of Town Sports International. "We have had a strong presence in the city of Boston and surrounding areas for many years, and we are thrilled to provide more people with our state-of-the-art health and fitness facilities."

The BSC Canton is located at The Village Shoppes Canton at 95 Washington Street; BSC Dorchester, located at 540 Gallivan Boulevard; and BSC Wayland at 110 Andrew Avenue in Wayland's Town Center.

More information and a full class schedule, as well as club hours, are available online at [www.mysportsclubs.com](http://www.mysportsclubs.com).

#### **About Town Sports International Holdings, Inc.:**

New York-based Town Sports International Holdings, Inc. (NASDAQ: CLUB) 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 163 fitness clubs as of June 30, 2014, comprising 109 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 488,000 members. For more information on TSI, visit <http://www.mysportsclubs.com>.

SOURCE Town Sports International Holdings, Inc.

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