



New York Sports Clubs and Snapple Help Dr. Mehmet Oz and HealthCorps Fight Child Obesity With Saints & Spinners, a 24-Hour Spin(R) Party and Benefit at Grand Central Terminal

NEW YORK--(BUSINESS WIRE)--Dec. 19, 2007--The New York Sports Clubs and Snapple today announced that they will host Saints & Spinners, a 24-hour long Spin®-a-Thon at Grand Central Terminal on Friday, January 18, 2008, to raise funds to place the HealthCorps curriculum in five more schools within each of the City's boroughs. The event will run from 7 a.m. through 7 a.m. the following day.

Dr. Oz, heart surgeon, Health Expert on the Oprah Winfrey Show and best-selling author, founded HealthCorps, a health education and mentor program, in response to the country's child obesity and diabetes crisis. HealthCorps established a 35-school network that spans four states, including 28 New York City high schools, and plans to expand across the country to represent 80-90 schools in 2008.

During Saints & Spinners, every hour a new group of riders will mount 100 Star Trac Spinner® bikes for a 50-minute Spinning® experience to music and led by a New York Sports Clubs instructor and a Celebrity Spinner from one of the many industries that make New York a wonderful city - Broadway, finance, film, education, restaurants and government, among others. Corporate sponsors or individual riders pledge \$100 an hour to participate in the 2,400-person event.

Celebrities who have already signed on include celebrity chef and author Rocco DiSpirito, Rock and Roll Hall of Fame Inductee Rapper Grandmaster Flash Melle Mel, Former NY Giants Quarterback Jesse Palmer, Renowned Attorney Ron Kuby, Morgan Stanley CEO John Mack, Kwame Jackson of "The Apprentice," The Naked Cowboy, CBS Correspondent Bianca Solorzano, Fox Business Reporter Jenna Lee, Good Day New York Feature Reporter Anne Craig and members of the FDNY, among others.

In addition to New York Sports Clubs and Snapple, other sponsors include JetBlue Airways, the New York Post, Star Trac, Gristedes and City Sports.

According to Dr. Oz, "Five years ago I found myself operating on younger and younger patients and realized that we have to access the school system to teach kids about the workings of their bodies. Like the Peace Corps, HealthCorps uses college graduates to show students in the U. S. how to weather the storms of life by enhancing their physical and mental strength. By supporting Saints & Spinners, you're helping to build a healthier America."

"Riding in Saints and Spinners will be a great way to kick off the New Year and New York Sports Clubs is very excited to bring everyone together in this way," said Merrill Richmond, Vice President of Marketing for New York Sports Clubs. "This event brings together fun and fitness for a very important cause."

Another highlight at Saints & Spinners is the attempt to break the Guinness World Record™ for most miles traveled on a single stationary bike in 24 hours. While riders spin at their own pace, a team of six elite riders from the New York Sports Clubs/Cadence Cycling Team will ride in their effort to break this record. The current record is 597 miles ridden at an average of 25 miles per hour.

Registration for the event can be found at nysc.com/spin.

In addition to experiencing the most unique spinning event in New York City history, riders at Saints & Spinners are supporting the HealthCorps mission to conquer child obesity and diabetes by giving kids and teens healthier lifestyle options that will endure through life.

About NYSC

New York Sports Clubs (NYSC) is the largest operator of fitness clubs in the New York area. Our full service clubs, located where members work and where they live, offer state of the art equipment, motivating group exercise classes, personal training and more. NYSC is owned and operated by New York-based Town Sports International Holdings, Inc.(NASDAQ:CLUB). In addition to New York Sports Clubs, TSI operates under the brand names of Boston Sports Clubs, Washington Sports Clubs and Philadelphia Sports Clubs, with 151 clubs and approximately 477,000 members in the U.S. as of September 30, 2007. For more

information, visit, www.nysc.com

About Snapple

Snapple is the leader in great-tasting premium beverages. Founded in 1972 by three childhood friends, Snapple got its start in Greenwich Village, New York and is now available throughout the United States and 80 countries worldwide. Snapple prides itself on developing, producing and marketing a wide variety of premium beverages, including ready-to-drink iced teas, juice drinks, 100% vitamin-fortified juices and Antioxidant Water. Known for its down-to-earth approach to marketing, Snapple continues to delight fans across the world. In 2003, Snapple made history by becoming the official iced tea of New York City.

About HealthCorps:

HealthCorps, founded by cardiac surgeon Mehmet Oz, is a national, school-based mentorship program that educates American youth about preventive health and the workings of their bodies. Through the creation of educated consumers and the nurturing of student health activism, HealthCorps is at the forefront of the fight against children's obesity and diabetes mostly affecting communities of color.

The program, currently in 28 NYC high schools is projected to expand to 80-90 schools in Fall 2008 and include programs in NY, NJ, PA, FL, AZ, OH, TX and CA. It is a non-profit program under Foundation for the Advancement of Cardiac Therapies "FACT," headquartered in NYC. For more information, please visit www.HealthCorps.org.

Forward-Looking Statements:

Statements in this release that do not constitute historical facts, including, statements regarding future financial results and performance are "forward-looking" statements made pursuant to the safe harbor provision of the Private Securities Litigation Reform Act of 1995. These statements are subject to various risks and uncertainties, many of which are outside the Company's control. Accordingly actual results could differ materially from any such forward-looking statement. The forward-looking statements speak only as of the date and hereof and the Company does not intend to update this information to reflect developments or information obtained after the date hereof and the Company disclaims any legal obligation to the contrary.

CONTACT: HealthCorps

Amy Barone, 212-742-2875

amy.barone@healthcorps.net

or

New York Sports Clubs

Lisa Hufcut, 212-246-6700 ext. 1442

lisa.hufcut@town-sports.com

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