



Town Sports International Holdings, Inc. Announces Second Quarter 2009 Earnings Conference Call

NEW YORK, Jul 15, 2009 (BUSINESS WIRE) -- Town Sports International Holdings, Inc. (TSI) (NASDAQ: CLUB), a leading owner and operator of health clubs, will hold its quarterly conference call to discuss second quarter 2009 financial results on Wednesday, July 29, 2009 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 through July 29, 2010.

About Town Sports International Holdings, Inc.

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 operating under the brand names New York Sports Clubs, Boston Sports Clubs, Washington Sports Clubs and Philadelphia Sports Clubs. As of June 30, 2009, Town Sports International, through its subsidiaries, operated 163 clubs in the United States and three clubs in Switzerland. For more information, visit www.mysportsclubs.com.

SOURCE: Town Sports International Holdings, Inc.

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