



Town Sports International Holdings, Inc. Announces Second Quarter 2008 Earnings Conference Call

NEW YORK--(BUSINESS WIRE)--July 22, 2008--Town Sports International (TSI) (NASDAQ: CLUB), a leading owner and operator of health clubs, will hold its quarterly conference call to discuss second quarter 2008 financial results on Thursday, July 31, 2008, at 4:30 p.m. Eastern Time.

This call is being web cast by Thomson/CCBN and can be accessed at TSI's Web site at <http://www.mysportsclubs.com>, in the "investor relations" section.

The web cast is also being distributed through the Thomson StreetEvents Network. Individual investors can listen to the call at <http://www.earnings.com>, Thomson's individual investor portal, powered by StreetEvents. Institutional investors can access the call via Thomson StreetEvents (<http://www.streetevents.com>), a password-protected event management site.

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, 2008, Town Sports International, through its subsidiaries, operated 160 clubs in the United States and three clubs in Switzerland. For more information, visit www.mysportsclubs.com.

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