



Town Sports International Expands Partnership with Award-winning Healthways SilverSneakers® Fitness Program

NEW YORK--(BUSINESS WIRE)--July 8, 2008--Town Sports International (TSI) announced today that it has expanded its partnership with Healthways, Inc., offering the award-winning Healthways SilverSneakers® Fitness Program for active older adults at fifteen more of TSI's New York Sports Clubs (NYSC) locations. The fifteen new locations will join the existing sixteen NYSC locations and six Philadelphia Sports Clubs (PSC) locations that have the SilverSneakers® Fitness Program, bringing the total number of TSI clubs offering SilverSneakers® to 37.

Started in 1992, SilverSneakers® is an innovative exercise program specifically designed to meet Medicare beneficiaries' particular health and physical needs. Eligible members can enjoy specialized non-impact SilverSneakers® fitness classes taught by certified SilverSneakers® instructors. The classes focus on improving strength, flexibility, balance and coordination. Each participating location has a specially trained Senior Advisor(SM) to assist members in utilizing facility resources and classes. Additionally, SilverSneakers® members have access to any one of more than 2,800 participating locations across the country.

"We have continued to expand the SilverSneakers® program at TSI because of the overwhelmingly positive feedback and strong attendance," said Matt Daniel, TSI's Vice President of Business Development. "The senior adults that participate truly appreciate the chance to exercise in a safe and comfortable setting, and to make new friends along the way."

"Millions of older adults suffer from chronic illnesses such as heart disease, diabetes, colon cancer and high blood pressure. These can be prevented or improved through regular physical activity," said Healthways Senior Vice President Steve Lindstrom. "We are excited that through our continued partnership with TSI, we can reach even more older adults, giving them a convenient way to stay physically healthy and have fun."

SilverSneakers® is made available to more than three million Medicare-eligible seniors, at no additional cost, through partnerships with Medicare health insurance providers across the country. Members are encouraged to contact their health plan provider to find out if they offer SilverSneakers®, or visit www.silversneakers.com for more information and a listing of all participating SilverSneakers® locations. For a listing of New York and Philadelphia Sports Clubs sites, please visit www.mysportsclubs.com.

About Town Sports International

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 July 8, 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.

About Healthways and the SilverSneakers® Fitness Program

Founded in 1992, SilverSneakers is the nation's leading exercise program designed exclusively for older adults and offers an innovative blend of physical activity, healthy lifestyle and socially-oriented programming that allows older adults to take greater control of their health. The unique program is available at no additional cost to more than three million eligible Medicare members and is currently offered in 49 states at more than 2800 participating locations. For more information, please call 1-800-295-4993 or visit www.silversneakers.com.

Healthways is the leading provider of specialized, comprehensive Health and Care Support(SM) solutions to help millions of people maintain or improve their health and, as a result, reduce overall healthcare costs. Healthways' solutions are designed to help healthy individuals stay healthy, mitigate and slow the progression of disease associated with family or lifestyle risk factors and promote the best possible health for those already affected by disease. Our proven, evidence-based programs provide highly specific and personalized interventions for each individual in a population, irrespective of age or health status, and are delivered to consumers by phone, mail, internet and face-to-face interactions, both domestically and internationally. Healthways also provides a national, fully accredited complementary and alternative Health Provider Network, offering convenient access to

individuals who seek health services outside of, and in conjunction with, the traditional healthcare system. For more information, please visit www.healthways.com.

CONTACT: Town Sports International Holdings, Inc., New York

Investors:

212-246-6700 x 1650

Investor.relations@town-sports.com

or

ICR, Inc.

Joseph Teklits/Jean Fontana

203-682-8200

joseph.teklits@icrinc.com

SOURCE: Town Sports International