



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

NEW YORK, Oct 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 third quarter 2009 financial results on Wednesday October 28, 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 October 28, 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 September 30, 2009, Town Sports International, through its subsidiaries, operated 162 clubs in the United States and three clubs in Switzerland. For more information, visit [www.mysportsclubs.com](http://www.mysportsclubs.com).

SOURCE: Town Sports International Holdings, Inc.

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