



## **New York Sports Clubs Adds Another 24-Hour Club**

### **- Insomniacs Now Have Even More Places to Get in Shape**

NEW YORK, Apr 17, 2007 (BUSINESS WIRE) -- New York Sports Clubs (NYSC), the largest owner and operator of health and fitness clubs in the tri-state area, has converted its Grand Central Terminal fitness club into a 24-hour facility, bringing to three the number of NYSC clubs that are now open 24 hours a day.

The New York Sports Clubs located at 45th & Park in Grand Central Terminal is now open 24 hours a day from Monday-Friday. A special \$39 monthly "Night Owl" membership rate will be available for those using the club between 11:00pm-5:00am. The Grand Central location joins the company's two other 24-hour gyms, located at 7th Avenue at 10th St. (Sheridan Square) and at 52nd & Broadway.

"For the city that never sleeps, a 24 hour gym adjacent to one of the busiest hubs in New York City is a natural fit," said Bob Giardina, CEO of New York Sports Clubs. "We have had such a great response to our 24- hour locations that we've decided to continue adding more round-the-clock locations to meet the needs of our members. Having locations open 24-hours makes it even more convenient for people such as college students and evening or late shift workers to get to the gym and get in shape," he said.

All New York Sports Clubs members will have access to all three of the 24-hour locations.

About New York Sports Clubs:

New York Sports Clubs is owned and operated by New York-based Town Sports International Holdings, Inc. (NASDAQ: CLUB), a leading owner and operator of fitness clubs in the Northeast and mid-Atlantic regions of the United States. 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 150 clubs and approximately 470,000 members in the U.S. In addition, the Company operates three facilities in Switzerland with approximately 6,000 members. For more information on TSI visit <http://www.mysportsclubs.com>.

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.

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