



Washington Sports Clubs Relocates to State-of-the-Art Facility in South Bethesda, Maryland

BETHESDA, Md.--(BUSINESS WIRE)--Dec. 4, 2007--Washington Sports Clubs (WSC) today announced the re-location of its Bethesda club on Elm Street to a brand new building located at 6828 Wisconsin Avenue in Bethesda, Maryland.

The new 35,000 square foot facility features state-of-the-art equipment with audiovisual entertainment and outstanding amenities, such as a 4 lane pool and dedicated personal training area. The cardiovascular area of the club features more than 80 pieces of cardio equipment, all of which are equipped with personal viewing screens which allow members to watch TV, or listen to music, as they work out. The fitness floor has a large selection of strength equipment which is expertly laid out to optimize one's workout. Members can choose from a wide variety of fitness options, including top-of-the-line studios for group exercise and cycling. The club has a child minding area and family changing room for families using the pool. The club will offer more than 50 group exercise classes a week such as Cardio Kickbox, Boot Camp, and Pilates-based Mat.

"We are very responsive to our members' needs and we are very excited to be able to build this new location and give them the kind of facility they had been asking for," said Alex Alimanestianu, CEO of Town Sports International.

About Washington Sports Clubs:

Washington Sports Clubs is owned and operated by New York-based Town Sports International Holdings, Inc. (TSI) (NASDAQ:CLUB), a leading owner and operator of fitness clubs in the Northeast and mid-Atlantic regions of the United States. In addition to Washington Sports Clubs, TSI operates under the brand names of New York Sports Clubs, Boston Sports Clubs and Philadelphia Sports Clubs, with 151 clubs and approximately 477,000 members in the U.S. as of September 30, 2007. 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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