

the right plan

Launching and administering a health and wellness initiative requires little effort on the part of your company. TSI does all the work. TSI's membership consultants will help you define your needs and objectives and select a plan that works best for your company. All of our corporate membership plans are offered at a significant savings over regular individual memberships. Detailed plan costs are provided in the folder to the right.

benefits to employees

In 1996, the U.S. Surgeon General's Report on Physical Activity and Health stated that a sedentary lifestyle is a dangerous risk factor for disease. The good news is that even moderate levels of physical activity will significantly reduce the risk of such chronic health problems as heart disease, diabetes and some cancers.

other benefits to individuals are:

weight reduction

reduced tension and feelings of stress

improved well-being

enhanced self-image and self-esteem

improved physical function

fiscal fitness

Healthy people. Healthy profits.

Today, many organizations leverage the power of fitness to gain a competitive advantage. The fact is, employer-sponsored programs that encourage employees to lead healthy lifestyles contribute directly to a healthy bottom line. Employees who are physically active tend to be more productive, in better moods, and are typically sharper than those who don't exercise. As your organization's health and wellness partner, we can help your business benefit from healthy employees.



reduce health care claims

"A 1992 analysis of GE Aircraft indicated that medical claims submitted by the company's fitness center members decreased by 27%, while claims made by nonmembers actually rose 17%."

Source: *Worksite Health Promotion Economics*



reduce absenteeism

The Mutual Benefit Life Insurance Company of Newark, New Jersey, showed that workers who exercise miss 40% fewer work days than those who do not.

Source: *American Journal of Health Promotion*



increase productivity and job satisfaction

A study by the Saatchi & Saatchi advertising agency revealed that 63% of the employees enrolled in the company's fitness program believed that it improved their productivity; 75% said that it boosted their morale.

Source: *Good Health, Good Business*, Johnson & Johnson



recruit and retain employees

In the first year, the annual employee-turnover rate for Canada Life insurance company of Toronto's fitness program participants was 1.8%, compared to the company-wide average of 18%.

Source: *American Journal of Health Promotion*



reduce stress

The work week is expanding, competition is fierce and employees are stressed. In a recent poll, 78% of Americans describe their jobs as stressful. Exercise helps reduce stress.



justify with positive return on investment

Reported cost-benefit ratios for fitness and wellness programs across a variety of industries range from \$1.24 to as high as \$8.33 for every dollar spent.

the right partner



business leadership and longevity

Town Sports International (TSI), parent company of New York Sports Clubs, Boston Sports Clubs, Washington Sports Clubs and Philadelphia Sports Clubs, has been a recognized authority and leader in the fitness industry since 1974. Though concentrated in the Northeast, TSI is the third largest wholly-owned health and fitness club operator in the United States. The company's four top leaders have been working together at TSI since 1990 and between them have more than 70 years of industry experience. They share a passion for providing a quality health and fitness experience at a reasonable price.

convenient locations

Busy people need convenient access to their health club if they are to succeed at incorporating exercise into their daily routine. Few factors matter more. The Sports Clubs network of health clubs is the largest in the Northeast with locations in New York, Boston, Washington, D.C. and Philadelphia. Our most popular membership allows access to any location at any time during a club's operating hours. A current list of locations is included at the back of this package.

facilities designed for results

Ninety-percent of TSI's 350,000 plus members visit the gym regularly. Providing people with the means to make exercise a lifelong habit is our business. While our facilities could satisfy the equipment and exercise demands of any Olympian, we focus on creating a user-friendly, fun and comfortable experience that keeps members coming back. With more than 100 group exercise class formats, personal training services, and a full complement of strength and cardio equipment, our members are able to vary their workout routines to keep interested and moving toward their fitness goals. A complete list of programs and services, and standard facility features is included at the back of this brochure.



Town Sports International



program monitoring

Many insurance providers offer favorable rates to employers who implement health and wellness programs. Often, companies are required to demonstrate that employees are active in the program. Upon request, TSI will provide activity reports that show usage levels by employees enrolled in your company's program. Please ask your membership consultant for more details.

assessment services

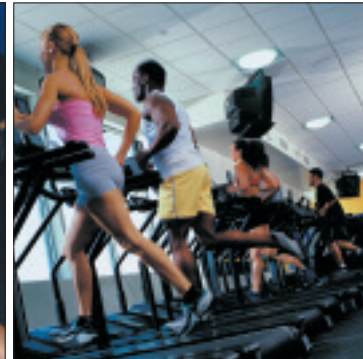
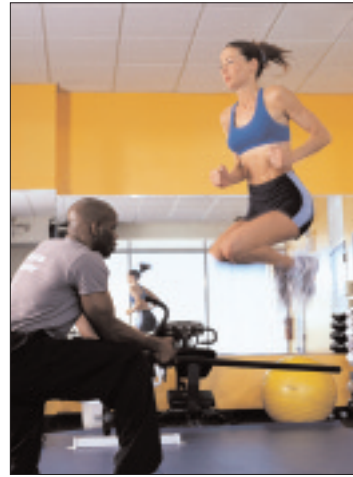
TSI's professional fitness staff provides basic fitness assessment services such as blood pressure screening, physiological measurement, heart rate threshold calculation and body composition testing. A fitness assessment is an important first step for any fitness program—as a precaution and as a benchmark for comparing future strength and aerobic gains.

helpful and professional staff

Helping people achieve their goals and lead healthy lives is a rewarding experience. It's why people choose careers in fitness. TSI's staff brings more than their professional fitness certifications and degrees to work each day, they bring their passion for helping people get fit.

customized services

There are many ways TSI can help a company achieve the goal of having happier, healthier and more productive employees. Beyond the standard health club membership program, TSI offers a variety of programs and services that can be customized to meet the specific objectives of your company. There are programs that help build team spirit, foster leadership and problem solving skills, and promote communication and healthy risk-taking. Your corporate membership consultant can provide more details.



Town Sports International



new york sports clubs

Manhattan — Upper West Side

125th Street – Harlem USA	212.316.2500
94th & Broadway	212.665.0009
80th & Broadway	212.873.1500
76th & Broadway	212.496.2444
73rd & Central Park West	212.496.6300
62nd & Broadway	212.265.0995

Manhattan — Upper East Side

91st & 3rd	212.987.7200
86th & Lexington	212.860.8630
76th & 1st	212.288.5700
59th & Park	212.308.1010

Manhattan — Midtown

52nd & Broadway	212.307.9400
51st & Lexington	212.317.9400
49th & Broadway	212.977.8880
48th & 6th – Rockefeller Center	212.840.8240
Grand Central	212.682.4440
44th & 5th	212.768.3535
41st Street – Theater District	646.366.9400
41st & 3rd	212.661.8500
38th & Broadway	212.575.4500
36th & Madison	212.686.1144
34th & 6th	212.868.0820
34th & Park	212.686.1085
34th & 2nd	212.213.5999
31st & Lexington	212.213.1408

Manhattan — 23rd to Houston

23rd & Park	212.982.4400
23rd & 8th	212.243.3400
16th & 8th	212.627.0065
14th & 5th – Union Square	212.337.9900
7th Avenue at 10th St.	212.206.1500
Irving Place	212.477.1800
Mercer Street	212.780.7404

Manhattan — Below Houston

Broadway & Spring – Soho	212.925.6600
217 Broadway – City Hall	212.791.9555
Tribeca at Reade Street	212.571.1000
Battery Park City	212.945.3535
Water Street	212.363.4600
Wall Street	212.482.4800

NYC Boroughs

Astoria	718.932.1400
Bay Ridge	718.921.5300
Brooklyn Belt	718.714.4653
Brooklyn Heights	718.246.0600
Cobble Hill	718.643.4400
Park Slope	718.768.0880
Forest Hills	718.897.5500
Staten Island	718.698.4500
Whitestone	718.747.4653

new york sports clubs (cont.)

Long Island

Commack	631.462.6400
East Meadow	516.485.5100
Garden City	516.741.1500
Great Neck	516.829.2582
Huntington	631.424.7100
Long Beach	516.432.5849
Oceanside	516.594.8300
Syosset	516.496.9800
Woodmere	516.792.9292

Westchester/Rockland Counties

Croton-on-Hudson	914.271.8909
Hartsdale	914.725.8447
Larchmont	914.834.7700
Mamaroneck	914.381.3282
Nanuet	845.624.4653
Scarsdale	914.472.2800
Somers	914.628.5600
West Nyack – Palisades Center	845.358.1818
White Plains	914.946.0404

Connecticut (Fairfield County)

Danbury	203.748.9121
Greenwich	203.869.1253
Greenwich Financial Center	202.863.9199
Norwalk	203.847.2244
Stamford – Commerce Rd.	203.323.6611
Stamford – Landmark	203.348.7600
Stamford – Springdale	203.329.2400
Westport	203.221.0700

New Jersey — North

Fort Lee	201.944.8300
Hoboken	201.656.4800
Jersey City	201.332.8200
Livingston	973.716.0999
Mahwah	201.848.0015
Parsippany	973.971.0303
Ramsey	201.327.1122
Ridgewood	201.251.9332
West Caldwell	973.808.8411
Westwood	201.358.4041

New Jersey — Central

Colonia	732.381.4999
East Brunswick	732.257.7507
Franklin Park	732.821.4900
Freehold	732.431.1355
Marlboro	732.536.4141
Matawan	732.583.3990
Newark	973.642.6070
Old Bridge	732.607.2966
Plainsboro	609.936.1001
Princeton	609.921.6985
Somerset	732.356.3333
Springfield	973.376.3776

boston sports clubs

Allston	617.731.4177
Andover	978.475.3333
Central Square	617.876.5550
Copley Square	617.536.1247
Danvers	978.774.0444
Downtown Crossing	617.695.9944
East Cambridge	617.525.2900
Fenway	617.266.7400
Framingham	508.879.0111
Franklin	508.528.5960
Government Center	617.624.9600
Lexington	781.861.8600
Lynnfield	781.246.7500
Natick	508.651.7555
Newbury Street	617.867.0100
Waltham	781.522.2222
Wellesley	781.263.5700
West Newton	617.332.1700
Weymouth	781.331.8988

washington sports clubs

Alexandria	703.933.3777
Bethesda	301.657.0600
Capitol Hill	202.547.2255
Chevy Chase	202.966.5051
Clarendon	703.465.2828
Downtown – Conn. Ave.	202.296.7733
Downtown – M Street	202.785.4900
Dupont Circle	202.332.0100
F Street	202.737.7744
Fairfax	703.934.4424
Gallery Place	202.737.3555
Georgetown	202.338.0911
Germantown	301.428.3488
Glover Park	202.333.2323
K-Street	202.466.6500
North Bethesda	301.896.0505
Sterling	703.444.8338
West Springfield	703.569.6966

philadelphia sports clubs

Ardmore	610.645.7600
Cherry Hill	856.216.0500
Highpoint	215.822.1951
Market Street	215.564.5353
Rodin Place	215.568.9555
Society Hill	215.592.8900

swiss locations

Forum Club	011.4161.322.8585
Joggeli	011.4161.312.3636
Luxor Club	011.411.202.3838

equipment and services

Town Sports International



TSI facilities are designed and equipped to provide members with a positive environment in which to satisfy their exercise needs. The following equipment and services are available:

cardio-aerobic equipment

- Cycles (upright and recumbent) by LifeFitness
- Cybex Arc Trainers
- Concept II rowing machines
- Elliptical machines by Precor and LifeFitness
- UBE
- Stepmills by StairMaster
- Steppers by StairMaster
- Treadmills by LifeFitness and StarTrac

strength training equipment

- XpressLine with Nautilus Nitro Plus equipment
- Cybex, LifeFitness or Technogym circuits
- Free Motion
- Free weights (Iron Grip/Precor)
- Hammer Strength
- Precor
- Strive
- Stretching areas that include stretch centers, Ab rollers and stretch trainers

group exercise studios*

- Custom-sprung aerobic floors
- Latest studio exercise equipment including boxing, Iron Grip group strength equipment and stackable Pilates Reformers
- Professional sound systems
- Mind & Body studios

group exercise classes

- Nationally certified exercise instructors
- Over 4,500 classes offered weekly
- Class formats to suit every ability

racquet sports*

- International and American squash
- Racquetball
- Tennis
- Junior programs
- Partner matching and ladders
- Private and group lessons
- Round robins
- Tournaments and leagues

exercise and fitness services*

- Personal training
- Sports massage
- Fitness testing and evaluation
- Health screening
- Physical therapy

value-added and comfort services*

- Baby-sitting
- Basketball
- Complimentary toiletries
- Sports Clubs for Kids programming
- Laundry service
- Locker rentals
- Running track
- Sauna
- Steam room
- Swimming pools
- Towel service

* Not all services at all locations.

participating companies

Town Sports International



This is a select list of some of the more than 2,500 companies who benefit from our employee health club membership program:

accounting

Deloitte
Richard Eisner LLP

advertising

Adforce
J Walter Thompson
Rapp Collins
TBWA Chiat Day

business services

ADP
UPS

entertainment

A&E Television
ABC News
HBO
Loews Cineplex
Madame Tussauds New York
Major League Baseball
Miramax
New Line Cinema
National Football League
Sony Pictures

fashion

Donna Karan
Eileen Fisher
Giorgio Armani
Kenneth Cole
Salvatore Ferragamo

finance & banking

American Express
Bank of America
Bear Stearns
Cantor Fitzgerald
Fidelity
Goldman Sachs
HSBC
NASDAQ
NY Stock Exchange/NYSE
Standard & Poors

government

ATF
Metro North
MTA
Transit Authority
US Department of Education
US Department of Treasury

hospitality

Trump International Hotel
Hilton Hotels
Ritz Carlton Hotels

insurance

Empire Blue Cross/Blue Shield
HealthFirst
HIP
Northwestern Mutual Financial
Network
Mutual of America

legal

Akin Gump
Dewey Ballantine
Kirkpatrick & Lockhart LLP
Skadden Arps
Sullivan & Cromwell
White & Case

manufacturing

Raytheon

media

Bloomberg LP
Discovery Communications
New York Times
Razorfish
Viacom/MTVN
Yahoo

nonprofit

American Cancer Society
M.J. Fox Foundation
The Rockefeller Foundation

publishing

Condé Nast
Elsevier
Essence Magazine
Harper Collins
National Geographic
Simon & Schuster
Time, Inc.

real estate

Durst
Julian Studley
Newmark

retail

Ann Taylor
Avon
Bloomingdales
David Yurman
Frette
Gap Inc.
J.Crew

pharmaceutical

Bristol Myers Squibb
Merck & Company

public relations

Kekst & Company
Porter Novelli

Technology

Microsoft