

Fitness & Wellness Software Market - Global Outlook & Forecast 2025-2030

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Report description:

The global fitness & wellness software market is expected to grow at a CAGR of 8.51% from 2024 to 2030.

KEY DYNAMICS

- Growing Demand for Digital Fitness: The shift towards at-home fitness solutions, catalyzed by the COVID-19 pandemic, continues to influence fitness & wellness software market trends. Consumers seek convenience, personalized programs, and real-time progress tracking through fitness and wellness software.
- Integration with Wearable Technology: The rise in wearable devices, such as fitness trackers and smartwatches, has enhanced the utility of fitness software. Integration enables real-time monitoring of health metrics, improving user experience and driving adoption.
- Subscription-Based Models: Subscription plans are becoming a dominant business model in the global fitness & wellness software market, offering exclusive features like personalized workouts, live classes, and Al-driven recommendations.
- Geographical Insights: North America leads the global fitness & wellness software market due to the high prevalence of lifestyle diseases and the presence of major players. Asia-Pacific is the fastest-growing region, driven by increasing smartphone penetration and growing health consciousness.

MARKET TRENDS & DRIVERS

Rise of Hybrid Models in Fitness Software

Hybrid fitness combines gym workouts, home exercises, and outdoor activities into one flexible approach, giving users the freedom to choose what suits their lifestyle. This model uses technology like fitness apps, virtual coaching, and wearable devices to create seamless workout experiences. Companies like Peloton and NordicTrack integrate connected equipment with live classes, while apps like Fitbit and MyFitnessPal provide easy tracking for activity and nutrition. Virtual reality platforms like Supernatural add an engaging touch, while Al-powered tools like Future offer personalized fitness plans. Post-pandemic, the

demand for hybrid fitness has surged, as people look for convenient, customizable solutions. For businesses, this trend is a chance to attract broader audiences with offerings that combine traditional gym memberships, online classes, and remote tracking. Innovations like cloud-based platforms such as Trainerize are making it easier for gyms and trainers to adopt hybrid models, pushing the global fitness & wellness software market toward rapid growth and constant evolution.

Rise of Wearable Technology in Fitness & Wellness Software

Wearable technology is transforming the fitness and wellness software market by making health tracking easier and more accessible. Devices like the Apple Watch, Fitbit, and Garmin trackers monitor key health metrics such as heart rate, sleep, and activity levels, offering personalized insights with Al-driven features. Augmented reality (AR) wearables, like Magic Leap glasses, are blending digital and real-world experiences, enhancing fitness training and virtual sports. Specialized health wearables, such as continuous glucose monitors for diabetics by Dexcom, are meeting specific needs, while gaming-focused devices like Oculus VR headsets add fun to workouts. Companies like WHOOP focus on stress and recovery monitoring for athletes, and Peloton integrates wearables with fitness equipment for seamless tracking. Rising health awareness, supported by reports like the WHO's finding that 1.4 billion adults lack adequate physical activity, is driving the adoption of these technologies. Innovations like smart clothing by Hexoskin, which measures breathing and heart rate, are expanding the potential of wearables, creating new opportunities for personalized health management worldwide.

SEGMENTATION INSIGHTS

INSIGHTS BY TYPE

The use of fitness & wellness software varies depending on the various requirements. The global fitness & wellness software market by type is segmented into cloud-based software, mobile applications, on-premises software, and others. The cloud-based software leads the market share due to its accessibility, scalability, and seamless integration capabilities. It enables users to access services across devices with real-time updates, supporting hybrid fitness models, virtual classes, and personalized coaching. Big companies like Mindbody and Peloton leverage cloud platforms to offer Al-driven analytics, remote session scheduling, and user engagement tools. Technical advancements, such as API integration, machine learning for personalized insights, and secure data storage on cloud platforms, enhance efficiency and user satisfaction. The segment is booming as businesses prioritize digital transformation, driven by the global shift toward connected, data-driven wellness ecosystems. Furthermore, mobile applications have become an essential part of the fitness & wellness software market, driven by the ubiquity of smartphones and the growing preference for on-the-go solutions. These apps cater to diverse fitness needs, ranging from workout tracking and meditation to diet planning and yoga sessions. Their widespread adoption is fueled by freemium models, offering basic features for free while charging for premium functionalities. The segment's growth is further accelerated by advancements in gamification, where users are motivated to achieve fitness goals through engaging, game-like experiences.

Segmentation by Type

- -□Cloud-Based Software
- Mobile Applications
- -∏On-Premises Software
- -□Others

INSIGHTS BY AGE GROUP

The use of fitness & wellness software varies depending on the various requirements. The adult segment dominates the global fitness & wellness software market due to the increasing focus on personal health, fitness, and lifestyle management among working professionals and active individuals aged 18-60. This age group drives the demand for solutions that offer flexibility, such

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as virtual fitness classes, progress tracking, and wellness coaching.

Factors like awareness about preventive healthcare, and the popularity of wearable integrations have further propelled adoption. Companies like ClassPass and MyFitnessPal cater to this demographic by offering Al-driven personalization, gamification features, and cross-platform compatibility, ensuring a seamless user experience. Furthermore, cloud-based platforms provide real-time insights into fitness goals, while mobile apps enable integration with wearables like the Apple Watch and Fitbit, providing tailored recommendations based on user activity. Advanced features, such as biometric tracking, sleep monitoring, and Al-powered nutrition plans, address the holistic needs of adults, blending fitness and overall wellness. The segment is set to boom in the fitness & wellness software market as digital transformation in fitness continues to evolve, fueled by innovations in machine learning, big data analytics, and virtual reality workouts tailored to the preferences of this active age group.

Segmentation by Age-Group

- -∏Adults
- -∏Geriatrics
- □ Pediatrics

INSIGHTS BY END-USERS

The global fitness & wellness software market by end-user is segmented into fitness centers & health clubs, corporate organizations, individuals & home users, hospitals & rehabilitation centers, educational institutions, and others. Fitness centers & health clubs are at the forefront of the market due to the increasing demand for personalized fitness solutions and the need for efficient management of members, classes, and equipment. These facilities benefit from software solutions that enhance customer engagement, streamline operations, and provide real-time data on workout progress and member activity. Cloud-based platforms enable fitness centers to offer flexible memberships, online classes, and personal training, all of which are driving growth. The boom in this segment is largely attributed to the shift towards digital fitness and the rise of hybrid models, where users can access both in-person and virtual fitness experiences.

Furthermore, corporate wellness programs use fitness and wellness software to enhance employee well-being, reduce healthcare costs, and improve productivity. The software facilitates fitness challenges, health tracking, and mental wellness initiatives. The global fitness & wellness software market in corporate environments is expected to grow as organizations prioritize employee well-being in their operational strategies. With a focus on personalization, hybrid solutions, and mental health resources, these platforms are set to play a pivotal role in shaping healthier work cultures. The increasing demand for data-driven wellness strategies and employee engagement tools will continue driving innovation in this segment.

Segmentation by End-User

- -□Fitness Centers & Health Clubs
- Corporate Organizations
- -□Individuals & Home Users
- ☐ Hospitals & Rehabilitation Centers
- Educational Institutions
- -[Others

GEOGRAPHICAL ANALYSIS

North America is the leading region in the global fitness & wellness software market due to a combination of a strong health-conscious culture and advanced technological infrastructure. The region, particularly the United States and Canada, has seen a surge in the adoption of digital fitness solutions. The demand is driven by a focus on healthier lifestyles, the popularity of fitness tech, and the growing trend of remote or hybrid fitness solutions. Additionally, North America's robust fitness market,

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including health clubs, fitness centers, and corporate wellness programs, has created an ideal environment for the growth of fitness and wellness software platforms. With consumers increasingly looking for flexible, accessible, and personalized fitness options, the fitness & wellness software market is poised for continued expansion in the region.

Moreover, big companies like Peloton, Fitbit, Mindbody, and MyFitnessPal are dominating the North American fitness software landscape by utilizing cutting-edge technologies like cloud computing, artificial intelligence (AI), and machine learning (ML). For instance, Peloton offers a subscription-based platform that integrates fitness tracking with live and on-demand workout classes, delivering a fully immersive fitness experience. Fitbit combines its wearable devices with a cloud-based platform that allows users to track a wide range of health metrics, such as heart rate, sleep patterns, and physical activity. Additionally, Mindbody provides a management platform for fitness businesses, helping them with scheduling, payments, and customer engagement, while also offering an integrated mobile app for consumers. These companies are leading the shift toward more data-driven, personalized fitness solutions, using advanced technology to track and optimize users' health journeys.

Europe is the second-largest fitness & wellness software market, with countries like Germany, the United Kingdom, and France at the forefront. The region has a strong focus on wellness and preventive healthcare, driving demand for fitness solutions. Factors such as growing health consciousness, urban lifestyles, and a high penetration of smartphones and wearable devices have contributed to the market's expansion. Furthermore, Asia-Pacific is the fastest-growing fitness & wellness software market, driven by increasing smartphone adoption, growing urbanization, and rising disposable incomes. The region, encompassing diverse markets such as China, India, Japan, Australia, and Southeast Asia, is experiencing accelerated growth due to increasing digital penetration, rising disposable incomes, and heightened health consciousness post-pandemic. Also, the region's market growth is further bolstered by the region's tech-savvy youth population, government initiatives promoting wellness, and the adoption of remote fitness solutions.

Although smaller, the Middle East & Africa market shows promise due to increasing investments in wellness tourism and urban fitness centers. Countries like UAE, Saudi Arabia, and South Africa are key players. Moreover, Latin America is an emerging fitness & wellness software market with growing health awareness and increasing gym memberships in countries like Brazil, Mexico, and Argentina. Apps like Gympass are popular for providing flexible memberships and access to multiple gyms across the region. And, many fitness centers in Latin America have adopted virtual fitness solutions to cater to the region's younger demographic.

Segmentation by Geography

- North America

o∏The U.S.

o∏Canada

-∏APAC

 $o \\ \square China$

o∏India

o∏apan

o∏Australia

o∏South Korea

o∏Singapore

 $o \\ \square Malaysia$

o∏Rest of APAC

-□Europe

o∏Germany

o∏France

o∏Russia

o∏The U.K.

_ o∏Norway

 $o \square Denmark$

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o∏Italy

 $o \square Poland$

o∏Spain

o

Rest of Europe

-□Latin America

o∏Brazil

o[Mexico

o∏Argentina

-□Middle East & Africa

o∏Saudi Arabia

o∏UAE

o∏South Africa

COMPETITIVE LANDSCAPE

The global fitness and wellness software market has seen significant growth, driven by increased awareness of health, advancements in technology, and a shift toward digital fitness solutions. This market is characterized by a diverse range of offerings, including fitness tracking, virtual training, wellness management, and integrated platforms. The competitive landscape highlights a mix of established players, innovative startups, and tech giants.

The fitness and wellness software market includes diverse players offering solutions tailored to individual and corporate wellness needs. For instance, Mindbody is one of the leading players in the fitness and wellness software market. The company offers a comprehensive software platform that includes features such as class scheduling, payment processing, marketing tools, and customer engagement for fitness and wellness businesses. Mindbody serves a global client base of fitness centers, gyms, wellness coaches, and spas. Also, Trainerize is a fitness software platform that enables personal trainers and fitness coaches to create customized workout programs for their clients. The platform offers features like workout tracking, progress monitoring, video tutorials, and client communication tools. Trainerize has gained popularity among personal trainers, gym owners, and fitness enthusiasts.

The global fitness & wellness software market is experiencing robust growth, fueled by the demand for flexibility, digital integration, and operational efficiency. Providers are increasingly adopting advanced software solutions to cater to consumer preferences, improve business processes, and stay competitive in a rapidly evolving market. Key trends, such as boutique fitness studios, virtual experiences, and youth-driven demand, are shaping the future of the market. Additionally, M&A activity highlights the strategic investments being made to address these trends and scale operations globally. With continued innovation and alignment with consumer needs, the fitness & wellness software market is poised for sustained expansion and success.

Key Company Profiles

- -∏ABC Fitness Solutions
- -□Mindbody
- -[[Vagaro
- -∏Virtuagym
- -∏Zenoti
- Xplor Technologies

Other Prominent Vendors

- -∏Zen Planner
- -□ClassPass

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- -[]Trainerize
- -□Wodify
- -□MyFitnessPal
- -∏Fitbit
- -[]Peloton
- -∏Aaptiv
- -∏efit
- -□Nudge Coach
- -[]Gymie
- -∏TrainHeroic
- -∏Tonal
- -∏Exercism
- -□BODYPUMP
- -∏Sworkit
- Wellness Living
- -□Fitli
- -∏TrueCoach
- -∏Kemtai

KEY QUESTIONS ANSWERED:

- 1. ☐ How big is the global fitness & wellness software market?
- 2. What are the significant trends in the fitness & wellness software market?
- 3. Which region dominates the global fitness & wellness software market share?
- 4. What is the growth rate of the global fitness & wellness software market?
- 5. ☐ Who are the key players in the global fitness & wellness software market?

Table of Contents:

- 1□SCOPE & COVERAGE
- 1.1 MARKET DEFINITION
- 1.1.1∏INCLUSIONS
- 1.1.2 □ EXCLUSIONS
- 1.1.3 MARKET ESTIMATION CAVEATS
- 1.2∏SEGMENTS COVERED & DEFINITION
- 1.2.1 MARKET SEGMENTATION BY TYPE
- 1.2.2 MARKET SEGMENTATION BY DEPLOYMENT AGE GROUP
- 1.2.3 MARKET SEGMENTATION BY END-USER
- 1.2.4 REGIONAL AND COUNTRIES COVERED
- 1.3 MARKET DERIVATION
- 1.3.1 HISTORIC, BASE, & FORECAST YEARS
- 2 PREMIUM INSIGHTS
- 2.1□OPPORTUNITY POCKETS
- 2.1.1 MARKET MATURITY INDICATOR
- 2.1.2 REGIONAL AND COUNTRIES
- 2.1.3 REGIONAL INSIGHTS
- 2.2 MARKET OVERVIEW
- 2.3∏MARKET DYNAMICS

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- 2.3.1 MARKET TRENDS
- 2.3.2 MARKET ENABLERS
- 2.4□SEGMENT ANALYSIS
- 2.4.1_□TYPE
- 2.4.2 ☐ AGE GROUP
- 2.4.3 END-USERS
- 2.5 COMPETITIVE LANDSCAPE
- 2.6 GEOGRAPHICAL ANALYSIS
- 3∏MARKET AT A GLANCE
- 4⊓INTRODUCTION
- 4.1∏OVERVIEW
- 4.1.1∏SMARTWATCH USER DEMOGRAPHICS: GENDER AND AGE-BASED ADOPTION TRENDS
- 4.2∏ADOPTION OF CLOUD-BASED FITNESS PLATFORMS
- 4.2.1 TKEY DRIVERS FOR THE GROWTH OF CLOUD-BASED FITNESS SOFTWARE INCLUDE:
- 4.3∏INTEGRATION OF WEARABLE DEVICES
- 4.3.1 EXAMPLES OF WEARABLE DEVICES AND INTEGRATION IN FITNESS SOFTWARE
- 4.4 RISE OF ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING IN FITNESS
- 4.4.1 KEY DRIVERS FOR THIS TREND INCLUDE:
- 4.4.2 EXAMPLES OF AI AND ML IN FITNESS
- 4.5 GROWTH OF CORPORATE WELLNESS PROGRAMS
- 4.5.1 | KEY DRIVERS FOR THE GROWTH OF CORPORATE WELLNESS PROGRAMS
- 4.6 EXPANSION OF VIRTUAL FITNESS AND REMOTE TRAINING
- 4.6.1 | KEY DRIVERS FOR THE GROWTH OF VIRTUAL FITNESS
- 4.7□FOCUS ON MENTAL HEALTH AND HOLISTIC WELLNESS
- 4.7.1 KEY DRIVERS FOR FOCUS ON MENTAL HEALTH AND HOLISTIC WELLNESS
- 4.7.2∏EXAMPLES OF COMPANIES AND PRODUCTS FOCUSED ON MENTAL HEALTH AND HOLISTIC WELLNESS
- 4.8 □ VALUE CHAIN ANALYSIS
- 4.8.1 RESEARCH AND DEVELOPMENT (R&D)
- 4.8.2 PRODUCT DEVELOPMENT
- 4.8.3 MARKETING AND SALES
- 4.8.4 DISTRIBUTION AND IMPLEMENTATION
- 4.8.5 CUSTOMER SERVICE AND SUPPORT
- 4.8.6 POST-IMPLEMENTATION EVALUATION
- 5 MARKET OPPORTUNITIES & TRENDS
- 5.1 THE RISE OF HYBRID MODELS IN FITNESS SOFTWARE
- 5.1.1□IMPACT OF HYBRID MODELS ON THE FITNESS AND WELLNESS SOFTWARE MARKET
- 5.2 THE RISE OF INCREASING HEALTH AWARENESS IN FITNESS SOFTWARE
- 5.3 AND HYBRID FITNESS COACHES TRENDS DRIVE PERSONALIZED WELLNESS EXPERIENCES IN FITNESS SOFTWARE 6 MARKET GROWTH ENABLERS
- 6.1 THE RISE OF WEARABLE TECHNOLOGY IN FITNESS & WELLNESS SOFTWARE
- 6.2 □ DRIVING THE AT-HOME FITNESS REVOLUTION WITH ADVANCED GYM SOFTWARE SOLUTIONS
- 6.3 EMPOWERING PERSONALIZED FITNESS JOURNEYS THROUGH MOBILE APPS
- 7□MARKET RESTRAINTS
- 7.1 DATA PRIVACY AND SECURITY CONCERNS
- 7.2∏INCONSISTENT DIGITAL EXPERIENCE IN FITNESS & WELLNESS SOFTWARE MARKET
- 7.2.1 COMPANIES FACING INCONSISTENT DIGITAL EXPERIENCE CHALLENGES
- 7.3 LIMITED DIGITAL LITERACY AMONG TARGET AUDIENCES

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7.3.1 LIMITED DIGITAL LITERACY RESTRAINS THE GROWTH OF THE FITNESS & WELLNESS SOFTWARE MARKET

7.4 HIGH INITIAL INVESTMENT FOR ADOPTION

8∏MARKET LANDSCAPE

8.1 MARKET OVERVIEW

8.2 MARKET SIZE & FORECAST

8.3 FIVE FORCES ANALYSIS

8.3.1 THREAT OF NEW ENTRANTS

8.3.2 BARGAINING POWER OF SUPPLIERS

8.3.3 BARGAINING POWER OF BUYERS

8.3.4 THREAT OF SUBSTITUTES

8.3.5 COMPETITIVE RIVALRY

9∏TYPE

9.1 MARKET SNAPSHOT & GROWTH ENGINE

9.2 MARKET OVERVIEW

9.3□CLOUD-BASED SOFTWARE

9.3.1 MARKET OVERVIEW

9.3.2 MARKET SIZE & FORECAST

9.3.3 MARKET BY GEOGRAPHY

9.4 MOBILE APPLICATIONS

9.4.1 | MARKET OVERVIEW

9.4.2 MARKET SIZE & FORECAST

9.4.3 MARKET BY GEOGRAPHY

9.5 ON-PREMISES SOFTWARE

9.5.1 MARKET OVERVIEW

9.5.2 MARKET SIZE & FORECAST

9.5.3 MARKET BY GEOGRAPHY

9.6∏OTHERS

9.6.1 MARKET OVERVIEW

9.6.2 MARKET SIZE & FORECAST

9.6.3∏MARKET BY GEOGRAPHY

10 AGE-GROUP

10.1 MARKET SNAPSHOT & GROWTH ENGINE

10.2 MARKET OVERVIEW

10.3∏ADULTS

10.3.1 MARKET OVERVIEW

10.3.2∏MARKET SIZE & FORECAST

10.3.3 MARKET BY GEOGRAPHY

10.4 GERIATRICS

10.4.1 MARKET OVERVIEW

10.4.2 \square MARKET SIZE & FORECAST

10.4.3 MARKET BY GEOGRAPHY

10.5 | PEDIATRICS

10.5.1 MARKET OVERVIEW

10.5.2 MARKET SIZE & FORECAST

10.5.3 MARKET BY GEOGRAPHY

11□END-USER

11.1 MARKET SNAPSHOT & GROWTH ENGINE

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- 11.2□MARKET OVERVIEW
- 11.3 FITNESS CENTERS & HEALTH CLUBS
- 11.3.1 MARKET OVERVIEW
- 11.3.2 MARKET SIZE & FORECAST
- 11.3.3 MARKET BY GEOGRAPHY
- 11.4 CORPORATE ORGANIZATIONS
- 11.4.1 MARKET OVERVIEW
- 11.4.2 MARKET SIZE & FORECAST
- 11.4.3 MARKET BY GEOGRAPHY
- 11.5∏INDIVIDUALS & HOME USERS
- 11.5.1 MARKET OVERVIEW
- 11.5.2 MARKET SIZE & FORECAST
- 11.5.3 MARKET BY GEOGRAPHY
- 11.6 HOSPITALS & REHABILITATION CENTERS
- 11.6.1 MARKET OVERVIEW
- 11.6.2 MARKET SIZE & FORECAST
- 11.6.3 MARKET BY GEOGRAPHY
- 11.7 EDUCATIONAL INSTITUTIONS
- 11.7.1 MARKET OVERVIEW
- 11.7.2 MARKET SIZE & FORECAST
- 11.7.3 MARKET BY GEOGRAPHY
- 11.8□OTHERS
- 11.8.1 MARKET OVERVIEW
- 11.8.2 MARKET SIZE & FORECAST
- 11.8.3 MARKET BY GEOGRAPHY
- 12 GEOGRAPHY
- 12.1 MARKET SNAPSHOT & GROWTH ENGINE
- 12.2 GEOGRAPHIC OVERVIEW
- 13 NORTH AMERICA
- 13.1∏MARKET OVERVIEW
- 13.2 MARKET SIZE & FORECAST
- 13.3 | TYPE
- 13.3.1 MARKET SIZE & FORECAST
- 13.4∏AGE-GROUP
- 13.4.1 MARKET SIZE & FORECAST
- 13.5∏END-USERS
- 13.5.1 MARKET SIZE & FORECAST
- 13.6 KEY COUNTRIES
- 13.7□US: MARKET SIZE & FORECAST
- 13.8□CANADA: MARKET SIZE & FORECAST
- 14∏APAC
- 14.1 MARKET OVERVIEW
- 14.2□MARKET SIZE & FORECAST
- 14.3 TYPE
- 14.3.1 MARKET SIZE & FORECAST
- $14.4 \square AGE\text{-}GROUP$
- 14.4.1 MARKET SIZE & FORECAST

- 14.5 END-USERS
- 14.5.1 MARKET SIZE & FORECAST
- 14.6 KEY COUNTRIES
- 14.7□CHINA: MARKET SIZE & FORECAST 14.8□INDIA: MARKET SIZE & FORECAST
- 14.9□JAPAN: MARKET SIZE & FORECAST
- 14.10 AUSTRALIA: MARKET SIZE & FORECAST
- 14.11□SOUTH KOREA: MARKET SIZE & FORECAST 14.12□SINGAPORE: MARKET SIZE & FORECAST
- 14.13 MALAYSIA: MARKET SIZE & FORECAST
- 15∏EUROPE
- 15.1 MARKET OVERVIEW
- 15.2 MARKET SIZE & FORECAST
- 15.3 □ TYPE
- 15.3.1 MARKET SIZE & FORECAST
- 15.4∏AGE-GROUP
- 15.4.1 MARKET SIZE & FORECAST
- 15.5∏END-USERS
- 15.5.1 MARKET SIZE & FORECAST
- 15.6 KEY COUNTRIES
- 15.7 UK: MARKET SIZE & FORECAST
- 15.8 GERMANY: MARKET SIZE & FORECAST
- 15.9∏FRANCE: MARKET SIZE & FORECAST
- 15.10 ☐ ITALY: MARKET SIZE & FORECAST
- 15.11 RUSSIA: MARKET SIZE & FORECAST
- 15.12 NORWAY: MARKET SIZE & FORECAST
- 15.12.1□SPAIN: MARKET SIZE & FORECAST
- 15.13□DENMARK: MARKET SIZE & FORECAST
- 15.14 POLAND: MARKET SIZE & FORECAST
- 16⊓LATIN AMERICA
- 16.1 MARKET OVERVIEW
- 16.2∏MARKET SIZE & FORECAST
- 16.3⊓TYPE
- 16.3.1 MARKET SIZE & FORECAST
- 16.4∏AGE-GROUP
- 16.4.1 MARKET SIZE & FORECAST
- 16.5∏END-USERS
- 16.5.1 MARKET SIZE & FORECAST
- 16.6 KEY COUNTRIES
- 16.7 BRAZIL: MARKET SIZE & FORECAST
- 16.8 ARGENTINA: MARKET SIZE & FORECAST
- 16.9 MEXICO: MARKET SIZE & FORECAST
- 17 MIDDLE EAST & AFRICA
- 17.1 MARKET OVERVIEW
- 17.2□MARKET SIZE & FORECAST
- 17.3[TYPE
- 17.3.1 MARKET SIZE & FORECAST

- 17.4 AGE-GROUP
- 17.4.1 MARKET SIZE & FORECAST
- 17.5□END-USERS
- 17.5.1 MARKET SIZE & FORECAST
- 17.6 KEY COUNTRIES
- 17.7 UAE: MARKET SIZE & FORECAST
- 17.8 SAUDI ARABIA: MARKET SIZE & FORECAST
- 17.9 SOUTH AFRICA: MARKET SIZE & FORECAST
- 18 COMPETITIVE LANDSCAPE
- 18.1□COMPETITION OVERVIEW
- 18.1.1 KEY COMPETITORS
- 19∏KEY COMPANY PROFILES
- 19.1⊓ABC FITNESS SOLUTIONS
- 19.1.1 BUSINESS OVERVIEW
- 19.1.2 PRODUCT OFFERINGS
- 19.1.3 KEY STRATEGIES
- 19.1.4 KEY STRENGTHS
- 19.1.5 KEY OPPORTUNITIES
- 19.2 MINDBODY
- 19.2.1 BUSINESS OVERVIEW
- 19.2.2 PRODUCT OFFERINGS
- 19.2.3 KEY STRATEGIES
- 19.2.4 KEY STRENGTHS
- 19.2.5 KEY OPPORTUNITIES
- 19.3 UAGARO
- 19.3.1 BUSINESS OVERVIEW
- 19.3.2 PRODUCT OFFERINGS
- 19.3.3 KEY STRATEGIES
- 19.3.4□KEY STRENGTHS
- 19.3.5 | KEY OPPORTUNITIES
- 19.4∏VIRTUAGYM
- 19.4.1 BUSINESS OVERVIEW
- 19.4.2 □ PRODUCT OFFERINGS
- 19.4.3∏KEY STRATEGIES
- 19.4.4 KEY STRENGTHS
- 19.4.5 KEY OPPORTUNITIES
- 19.5∏ZENOTI
- 19.5.1 BUSINESS OVERVIEW
- 19.5.2 PRODUCT OFFERINGS
- 19.5.3□KEY STRATEGIES
- 19.5.4□KEY STRENGTHS
- 19.5.5 KEY OPPORTUNITIES
- 19.6 XPLOR TECHNOLOGIES
- 19.6.1 BUSINESS OVERVIEW
- 19.6.2 PRODUCT OFFERINGS
- 19.6.3□KEY STRATEGIES
- 19.6.4□KEY STRENGTHS

- 19.6.5 KEY OPPORTUNITIES
- 20 OTHER PROMINENT VENDORS
- 20.1 ZEN PLANNER
- 20.1.1 BUSINESS OVERVIEW
- 20.1.2 PRODUCT OFFERINGS
- 20.2∏CLASSPASS
- 20.2.1 BUSINESS OVERVIEW
- 20.2.2 PRODUCT OFFERINGS
- 20.3 TRAINERIZE
- 20.3.1 BUSINESS OVERVIEW
- 20.3.2 PRODUCT OFFERINGS
- 20.4∏WODIFY
- 20.4.1 BUSINESS OVERVIEW
- 20.4.2 PRODUCT OFFERINGS
- 20.5 MYFITNESSPAL
- 20.5.1 BUSINESS OVERVIEW
- 20.5.2 PRODUCT OFFERINGS
- 20.6∏FITBIT
- 20.6.1 BUSINESS OVERVIEW
- 20.6.2 PRODUCT OFFERINGS
- 20.7∏PELOTON
- 20.7.1 BUSINESS OVERVIEW
- 20.7.2 PRODUCT OFFERINGS
- 20.8∏AAPTIV
- 20.8.1 BUSINESS OVERVIEW
- 20.8.2 PRODUCT OFFERINGS
- 20.9∏EFIT
- 20.9.1 BUSINESS OVERVIEW
- 20.9.2 PRODUCT OFFERINGS
- 20.10 NUDGE COACH
- 20.10.1 BUSINESS OVERVIEW
- 20.10.2 PRODUCT OFFERINGS
- 20.11⊓GYMIE
- 20.11.1 BUSINESS OVERVIEW
- 20.11.2 PRODUCT OFFERINGS
- 20.12 TRAINHEROIC
- 20.12.1 BUSINESS OVERVIEW
- 20.12.2 PRODUCT OFFERINGS
- 20.13∏TONAL
- 20.13.1 BUSINESS OVERVIEW
- 20.13.2∏PRODUCT OFFERINGS
- 20.14□EXERCISM
- 20.14.1 BUSINESS OVERVIEW
- 20.14.2 PRODUCT OFFERINGS
- 20.15 BODYPUMP
- 20.15.1 BUSINESS OVERVIEW
- 20.15.2 PRODUCT OFFERINGS

- 20.16 SWORKIT
- 20.16.1 BUSINESS OVERVIEW
- 20.16.2 PRODUCT OFFERINGS
- 20.17 WELLNESSLIVING
- 20.17.1 BUSINESS OVERVIEW
- 20.17.2□PRODUCT OFFERINGS
- 20.18∏FITLI
- 20.18.1 BUSINESS OVERVIEW
- 20.18.2 PRODUCT OFFERINGS
- 20.19 TRUECOACH
- 20.19.1 BUSINESS OVERVIEW
- 20.19.2 PRODUCT OFFERINGS
- 20.20∏KEMTAI
- 20.20.1 BUSINESS OVERVIEW
- 20.20.2 PRODUCT OFFERINGS
- 21 REPORT SUMMARY
- 21.1□KEY TAKEAWAYS
- 21.2 STRATEGIC RECOMMENDATIONS
- 22 QUANTITATIVE SUMMARY
- 22.1 MARKET BY GEOGRAPHY
- 22.2_{||}TYPE
- 22.2.1 \square MARKET SIZE & FORECAST
- 22.3 AGE-GROUP
- 22.3.1□MARKET SIZE & FORECAST
- 22.4 END-USERS
- 22.4.1 MARKET SIZE & FORECAST
- 23 APPENDIX
- 23.1 RESEARCH METHODOLOGY
- 23.2□RESEARCH PROCESS
- 23.3 REPORT ASSUMPTIONS & CAVEATS
- 23.3.1 KEY CAVEATS
- 23.3.2 CURRENCY CONVERSION
- 23.4∏ABBREVIATIONS



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