Gyms, Health & Fitness Clubs in South Africa

Industry Report | 2025-03-06 | 35 pages | MarketLine

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Report description:

Gyms, Health & Fitness Clubs in South Africa

Summary

Gyms, Health & Fitness Clubs in South Africa industry profile provides top-line qualitative and quantitative summary information including: market size (value 2019-24, and forecast to 2029). The profile also contains descriptions of the leading players including key financial metrics and analysis of competitive pressures within the market.

Key Highlights

- Gyms, health and fitness clubs market includes establishments that offer facilities and services for physical exercise and fitness training, such as workout equipment, classes, personal training, and other amenities aimed at promoting health. Market revenues are calculated as the membership fees paid to clubs.
- The South African gyms, health & fitness clubs market recorded revenues of $1 billion in 2024, representing a compound annual growth rate (CAGR) of 3.0% between 2019 and 2024.
- The South African gyms, health & fitness clubs market grew by 5.6% in 2024, primarily driven by the increasing awareness of health and wellness. The growth is attributed to the rising prevalence of lifestyle-related health issues such as obesity and cardiovascular diseases, prompting individuals to invest in gym memberships, personal training, and wellness programs to maintain a healthier lifestyle.
- The presence of substantial millennial and Gen Z populations, which are strongly focused on health, wellness, and personal fitness, supports the market growth. According to the US Census Bureau, in 2024, the South African millennial and Gen-Z populations reached 16.1 million and 15.1 million, respectively.

Scope

- Save time carrying out entry-level research by identifying the size, growth, major segments, and leading players in the gyms, health & fitness clubs market in South Africa
- Use the Five Forces analysis to determine the competitive intensity and therefore attractiveness of the gyms, health & fitness clubs market in South Africa
- Leading company profiles reveal details of key gyms, health & fitness clubs market players' global operations and financial performance
- Add weight to presentations and pitches by understanding the future growth prospects of the South Africa gyms, health & fitness clubs market with five year forecasts

Reasons to Buy

- What was the size of the South Africa gyms, health & fitness clubs market by value in 2024?
- What will be the size of the South Africa gyms, health & fitness clubs market in 2029?
- What factors are affecting the strength of competition in the South Africa gyms, health & fitness clubs market?
- How has the market performed over the last five years?
- What are the main segments that make up South Africa's gyms, health & fitness clubs market?

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