

# **Asia Pacific Fitness and Recreational Sports Centers Market Size study, by Type (Gymnasiums, Yoga, Aerobic Dance, Handball Sports, Racquet Sports, Skating, Swimming, Others) by Age Group (Aged 35 & Younger, Aged 35-54, Aged 55 & Older) and Country Forecasts 2022-2032**

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## **Abstracts**

Asia Pacific Fitness and Recreational Sports Centers Market is valued approximately USD 25.75 billion in 2023 and is anticipated to grow with a healthy growth rate of more than 5.65 % over the forecast period 2024-2032. Fitness and Recreational Sports Centers are facilities designed to provide spaces, equipment, and services for physical exercise, sports activities, and recreational pursuits. These centers aim to promote health, wellness, and leisure activities among individuals of all ages and fitness levels. The Fitness and Recreational Sports Centers play a vital role in fostering a healthy, active lifestyle within the community by providing accessible and diverse opportunities for exercise, sports, and recreation. With an aging population, there is a growing trend for fitness programs tailored to older adults, focusing on mobility, balance, and overall health. Moreover, activities such as swimming, yoga, and Pilates are popular among seniors for their low-impact nature. Thus, these trends further help in the growth of the Asia Pacific Fitness and Recreational Sports Centers Market.

The rising incidence of lifestyle-related diseases, such as obesity, diabetes, and cardiovascular conditions, significantly drives demand for Asia Pacific Fitness and Recreational Sports Centers Market. As these health issues become more prevalent, there is a growing awareness leading to the necessity of regular physical activity as a key component of disease prevention and management. Healthcare professionals increasingly recommend exercise as part of treatment plans, encouraging patients to

adopt active lifestyles. This shift prompts individuals to seek out fitness centers that provide the resources and structured environments needed to engage in consistent physical activity. Fitness centers offer various programs tailored to different health needs, from weight loss and heart health programs to specialized classes for managing diabetes. In addition, public health campaigns and educational initiatives highlight the benefits of regular exercise, further motivating people to join gyms and sports centers. The demands for these facilities rises as more individuals aim to mitigate the impact of lifestyle-related diseases through fitness. However, high operational costs and a smaller fitness center struggle to keep up with the latest technology stifle market growth between 2022 and 2032.

The key Countries considered for the Asia Pacific Fitness and Recreational Sports Centers market study includes China, India, Japan, South Korea, Australia and Rest of Asia Pacific. In 2023, China was the largest regional market in terms of revenue. The Fitness and Recreational Sports Centers Market in China expected rapid growth and transformation during the forecast period, driven by factors such as urbanization, rising disposable incomes, increasing health awareness, and government initiatives to promote physical activity. This market encompasses a wide range of facilities, including traditional gyms, boutique fitness studios, sports clubs, and recreational centers, catering to the diverse needs and preferences of consumers across the country. Furthermore, increasing awareness of the importance of physical fitness and well-being has led to a surge in demand for Fitness and Recreational Sports Centers Market across China. The younger generation is more health-conscious and willing to invest in fitness-related activities. The market in India is expected to develop at the fastest rate over the forecast period 2024-2032.

Major market player included in this report are:

Konami Holdings Corporation

Sports Engineering and Recreation Asia Ltd.

Centre For Sports and Exercise

Company 4

Company 5

Company 6

Company 7

Company 8

Company 9

Company 10

The detailed segments and sub-segment of the market are explained below:

**By Type**

Gymnasiums  
Yoga  
Aerobic Dance  
Handball Sports  
Racquet Sports  
Skating  
Swimming  
Others

**By Age Group**

Aged 35 & Younger  
Aged 35-54  
Aged 55 & Older

**By Region:**

Asia Pacific  
China  
India  
Japan  
Australia  
South Korea  
RoAPAC

**Years considered for the study are as follows:**

Historical year – 2022  
Base year – 2023  
Forecast period – 2024 to 2032

**Key Takeaways:**

Market Estimates & Forecast for 10 years from 2022 to 2032.  
Annualized revenues and country level analysis for each market segment.  
Detailed analysis of geographical landscape with Country level analysis of major regions.  
Competitive landscape with information on major players in the market.  
Analysis of key business strategies and recommendations on future market approach.  
Analysis of competitive structure of the market.  
Demand side and supply side analysis of the market.

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