

US 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) Forecasts 2022-2032

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Abstracts

US Fitness and Recreational Sports Centers Market is valued approximately USD 26.81 billion in 2023 and is anticipated to grow with a healthy growth rate of more than 5.30 % over the forecast period 2024-2032. Recreational sports and fitness centers offer opportunities for safe, friendly, and relaxed physical activity. These consist of tennis courts, swimming pools, saunas, steam rooms, play areas, and spaces for entertainment, sports, or physical exercise. People's reliance on costly social services such as healthcare is reduced when they provide them with access to local resources for enhancing their own personal health and wellness. They provide an effective way to improve mental and physical health and reduce the probability of many diseases. They also assist towns in developing strong social bonds and boosting volunteerism, social involvement, and municipal pride by supplying natural areas, arenas, and playing fields. Increased adoption of online fitness classes, livestreaming workouts, and on-demand sessions that provide flexibility for users to exercise anytime and anywhere. Growing trend for mobile apps offering personalized workout routines, nutrition plans, and tracking features. Thus, these factors further drive demand for the Asia Pacific Fitness and Recreational Sports Centers Market.

Technological advancements are a major driver of demand in the US Fitness and Recreational Sports Centers Market. Innovations such as wearable fitness trackers, smart gym equipment, and mobile apps enhance the workout experience by providing

real-time data, personalized feedback, and convenient access to virtual classes. These technologies allow users to monitor their progress, set goals, and stay motivated, making fitness more engaging and effective. The integration of AI and machine learning further personalizes workouts, offering tailored training plans and nutrition advice based on individual data. Virtual reality (VR) and augmented reality (AR) are also gaining traction, creating immersive fitness experiences that attract tech-savvy consumers. Additionally, the convenience of hybrid memberships, which combine in-person and digital offerings, appeals to those seeking flexibility in their fitness routines. As these technological innovations continue to evolve, they make fitness more accessible and appealing, driving increased membership and engagement in fitness and recreational sports centers across the US. However, geographical limitations and rapid technological changes stifle market growth between 2022 and 2032.

Major market player included in this report are:

Planet Fitness, Inc.

24 Hour Fitness USA, Inc.

Town Sports International Holdings Inc.

Crossfit Inc.

Gold's Gym

Life Time Fitness, Inc.

Equinox Holdings, Inc.

Curves International

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

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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