

# **Fitness and Recreational Sports Centers Market: Global Industry Trends, Share, Size, Growth, Opportunity and Forecast 2023-2028**

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## **Abstracts**

### Market Overview:

The global fitness and recreational sports centers market size reached US\$ 113.0 Billion in 2022. Looking forward, IMARC Group expects the market to reach US\$ 153.0 Billion by 2028, exhibiting a growth rate (CAGR) of 4.9% during 2023-2028.

Fitness and recreational sports centers offer opportunities for physical and recreational activities in a safe and inclusive environment. They comprise spas, saunas, steam baths, swimming pools, tennis courts, playground equipment, and exercise, entertainment, or athletic facilities. They reduce reliance on healthcare and other costly social services by providing local facilities to individuals for enhancing personal health and wellness. They provide a convenient way to decrease the risk of various diseases and improve physical and mental health. In addition, they assist in building strong social bonds and improving social interaction, volunteerism, and civic pride in communities by providing natural spaces, arenas, and playing fields.

### Fitness and Recreational Sports Centers Market Trends:

At present, there is a rise in the prevalence of obesity among the masses due to sedentary lifestyles and the consumption of high-calorie and -fat food products. This, along with the growing awareness about the benefits of fitness and recreational sports, represents one of the key factors driving the market. Besides this, governments of several countries are undertaking initiatives to promote personalized training programs for developing a healthy body and mind, which is contributing to the growth of the market. In addition, the increasing trend of recreational sports centers, such as

aerobics, swimming, and gym, across the globe is offering lucrative growth opportunities to industry investors. Moreover, the rising incidence of osteoporosis due to diminished bone density and early bone loss is propelling the growth of the market. Apart from this, key market players are extensively investing in research and development (R&D) activities to introduce advanced devices that assist in losing weight and improving bone health and muscle mass. Additionally, regular exercise increases energy and stamina and reduces the risk of chronic diseases, which is bolstering the growth of the market.

#### Key Market Segmentation:

IMARC Group provides an analysis of the key trends in each sub-segment of the global fitness and recreational sports centers market report, along with forecasts at the global, regional and country level from 2023-2028. Our report has categorized the market based on type, age group and end user.

#### Breakup by Type:

Gymnasiums

Yoga

Aerobic Dance

Handball Sports

Racquet Sports

Skating

Swimming

Others

#### Breakup by Age Group:

35 and Younger

35-54

55 and Older

Breakup by End User:

Men

Women

Breakup by Region:

North America

United States

Canada

Asia-Pacific

China

Japan

India

South Korea

Australia

Indonesia

Others

Europe

Germany

France

United Kingdom

Italy

Spain

Russia

Others

Latin America

Brazil

Mexico

Others

Middle East and Africa

Competitive Landscape:

The competitive landscape of the industry has also been examined along with the profiles of the key players being 24 Hour Fitness USA LLC., CrossFit LLC., Curves International, David Lloyd Leisure, Fitness First, Konami Group Corporation, Life Time Inc., SUNY Cortland Recreational Sports, The Gym Group plc and Virgin Active (Virgin Group Ltd.).

Key Questions Answered in This Report

1. What was the size of the global fitness and recreational sports centers market in 2022?
2. What is the expected growth rate of the global fitness and recreational sports centers market during 2023-2028?
3. What are the key factors driving the global fitness and recreational sports centers market?

4. What has been the impact of COVID-19 on the global fitness and recreational sports centers market?
5. What is the breakup of the global fitness and recreational sports centers market based on the type?
6. What is the breakup of the global fitness and recreational sports centers market based on the age group?
7. What are the key regions in the global fitness and recreational sports centers market?
8. Who are the key players/companies in the global fitness and recreational sports centers market?

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