

# **Pilates & Yoga Studios Market Report by Activity Type (Yoga Classes, Pilates Classes, Pilates and Yoga Accreditation Training, Merchandise Sale), Application (Small Scale, Medium Scale, Massive), and Region 2024-2032**

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## **Abstracts**

The global Pilates & yoga studios market size reached US\$ 166.9 Billion in 2023. Looking forward, IMARC Group expects the market to reach US\$ 365.1 Billion by 2032, exhibiting a growth rate (CAGR) of 8.82% during 2024-2032. The growing incidences of sedentary lifestyles and related health issues, the rising adoption of cutting-edge technologies and the increasing popularity of online classes and digital tutorials are some of the major factors propelling the market.

Pilates and yoga studios are specialized fitness centers dedicated to the practice of pilates and yoga, respectively. Pilates refers to a form of low-impact exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body awareness. Yoga, on the other hand, is an ancient practice originating from India that combines physical postures, breathing techniques, and meditation to promote physical and mental well-being. Both aim to offer a serene and focused environment equipped with all the necessary props and equipment for effective practice. These studios often have certified instructors who guide participants through sequences tailored to different skill levels. While Pilates tends to be more focused on physical conditioning and rehabilitation, Yoga offers a holistic approach, integrating the mind, body, and spirit. Both are highly effective for improving flexibility, strength, and balance and are often recommended as complementary practices for overall health.

The growing incidence of sedentary lifestyles and related health issues is driving the global market. Along with this, several companies are incorporating yoga and pilates

sessions to alleviate work-related stress and boost employee performance, thus contributing to the growth of the market. Moreover, the growing adoption of cutting-edge technologies and the growing popularity of online classes and digital tutorials are further supporting the market. Additionally, the emergence of boutique fitness centers, which provide customized training experiences, is meeting the demand for specialized and premium services, further propelling market expansion. Apart from this, with the rise of virtual classes and online platforms, yoga and pilates have become more accessible to people who may not have the time or inclination to attend in-person sessions. This has broadened the market, attracting individuals who prefer practicing in the comfort of their own homes. Also, government programs that encourage a healthy lifestyle and exercise are further contributing to the popularity of these studios.

#### Pilates & Yoga Studios Market Trends/Drivers:

##### Rising health consciousness

In an era dominated by sedentary lifestyles and escalating healthcare costs, several individuals are turning towards preventive measures to maintain or improve their health. This growing awareness has resulted in an increased demand for fitness solutions that are both effective and low impact, making pilates and yoga popular choices. These practices not only cater to physical wellness but also address mental health, which is a growing concern in today's fast-paced world. Companies and organizations are also recognizing the benefits of a healthy workforce, leading to corporate wellness programs that often include pilates and yoga as key components. Schools and educational institutions are introducing these practices to help manage stress and improve focus among students. The expansive demographic appeal, from young adults to senior citizens, makes pilates and yoga an evergreen market driven by a society that values holistic wellness. This broad-based recognition of the benefits of pilates and yoga translates to sustained growth and demand for specialized studios offering these services.

##### Continual technological advancements

From the integration of sophisticated equipment, such as pilates reformers and Cadillac to the use of augmented reality for interactive yoga classes, technology is enriching the overall experience. Many studios are also incorporating biofeedback mechanisms that help users understand the impact of their practice in real-time, fostering a more personalized exercise regime. Advanced booking systems, mobile apps for on-the-go class scheduling, and video tutorials for home practice further enhance user experience and convenience, making it easier for people to incorporate pilates and yoga into their

busy schedules. The COVID-19 pandemic accelerated the adoption of virtual classes, which allowed these studios to reach a global audience, thereby expanding their market. Hybrid models that offer both in-person and online classes are now commonplace, driven by the technological ease with which such services can be delivered. These technological advancements are not just attracting a younger, tech-savvy audience but also retaining older clients who appreciate the added convenience and personalized touch.

### Rising influence of social media and celebrity endorsements

Various social media platforms have become vital spaces for fitness enthusiasts to share their experiences, workout routines, and testimonials. These user-generated content pieces act as organic marketing tools that create buzz and attract new clients to studios. Additionally, the platforms are used by the studios themselves to showcase their offerings, share tips, and engage with their audience through live sessions and Q&As, thereby building a community around their brand. Celebrity endorsements add another layer to this. When a popular celebrity shares their positive experience with pilates or yoga, it instantly grabs public attention and adds a layer of credibility and aspiration to these practices. Influencers in the fitness and wellness sector also play a vital role, often in partnership with studios for promotions or special classes. Such endorsements and collaborations contribute to normalizing these practices and making them more accessible and appealing to the general public, thereby driving market growth.

### Pilates & Yoga Studios Industry Segmentation:

IMARC Group provides an analysis of the key trends in each segment of the market, along with forecasts at the global, regional, and country levels from 2024-2032. Our report has categorized the market based on activity type, and application.

### Breakup by Activity Type:

Yoga Classes

Pilates Classes

Pilates and Yoga Accreditation Training

Merchandise Sale

Yoga classes accounts for the majority of the market share

The report has provided a detailed breakup and analysis of the market based on the

activity type. This includes yoga classes, pilates classes, pilates and yoga accreditation training and merchandise sale. According to the report, yoga classes represented the largest segment.

The versatility of yoga is unparalleled, offering various styles and forms to suit different needs and preferences. Whether it's Vinyasa for those who seek a more dynamic flow, or Yin Yoga for deep stretching and relaxation, the diversity in yoga types makes it highly inclusive. This has led to specialized yoga studios that cater to niche interests, such as prenatal yoga, aerial yoga, and even pet yoga, further expanding its market segment. Additionally, the rise of digital platforms has made yoga more accessible than ever. Online classes and tutorials enable individuals to practice yoga in the comfort of their homes, thereby removing barriers related to location and time. This has been particularly impactful in a post-pandemic world, where virtual fitness has seen a tremendous rise. Also, the influence of social media and celebrity endorsements has popularized yoga exponentially. High-profile celebrities and influencers who advocate for the benefits of yoga add a layer of credibility and aspiration, attracting new practitioners and thereby providing a boost to the market for yoga classes.

Breakup by Application:

Small Scale

Medium Scale

Massive

Small scale holds the largest share in the industry

The report has provided a detailed breakup and analysis of the market based on the application. This includes small scale, medium scale and massive. According to the report, small scale represented the largest segment.

The small-scale studios are better equipped to provide a more tailored and intimate experience. This fosters a sense of community and encourages long-term client retention, as individuals feel more valued and understood in their fitness journey. Additionally, the flexibility and adaptability that small-scale studios offer augments the market. They can swiftly respond to market trends and client demands. Furthermore, the lower cost of operation and overheads is another crucial factor. Small-scale studios often require less initial investment in terms of space and equipment, making it easier for entrepreneurs to enter the market. Even from the consumer's perspective, these setups often offer more budget-friendly options compared to larger, more commercial

wellness centers. Also, the rise of niche wellness trends has greatly benefited small-scale applications. As consumers increasingly seek specialized services, mall-scale studios have the advantage of easily adapting their offerings to cater to these niche markets.

#### 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

North America leads the market, accounting for the largest pilates & yoga studios market share

The market research report has also provided a comprehensive analysis of all the major regional markets, which include North America (the United States and Canada); Asia Pacific (China, Japan, India, South Korea, Australia, Indonesia, and others); Europe (Germany, France, the United Kingdom, Italy, Spain, Russia, and others); Latin America

(Brazil, Mexico, and others); and the Middle East and Africa. According to the report, North America accounted for the largest market share.

Fitness and wellness are deeply ingrained in the culture of North America, promoted by public health initiatives and the widespread availability of nutritional information. This has led to a population that is keenly aware of the benefits of physical exercise and mental well-being, thereby fueling demand for pilates and yoga studios. Furthermore, the economic landscape is conducive to market growth. North America, particularly the United States, is home to a large middle and upper-middle-class population that has the financial capability to invest in health and wellness services. This economic strength, coupled with insurance incentives and corporate wellness programs, has made it easier for consumers to afford the often premium-priced pilates and yoga classes, thereby driving demand further. Moreover, the influence of social media and celebrity culture, which are significantly pronounced in North America, have played a vital role in popularizing pilates and yoga. High-profile endorsements and a robust online community create a cyclical effect of increasing interest and participation.

#### Competitive Landscape:

Several studios are diversifying their service portfolio to cater to a broader audience. This includes introducing specialized classes, including prenatal yoga, pilates for seniors, or advanced courses for athletes. Some studios even offer hybrid classes that combine elements of pilates and yoga, among other fitness modalities. Moreover, studios are forming partnerships with healthcare providers, corporate organizations, and even educational institutions to offer specialized wellness packages. These packages often combine exercise classes with other wellness services, such as nutritional guidance, mental health support, and lifestyle coaching. Additionally, numerous studios are enhancing this through amenities, including well-designed interiors, complimentary beverages, or branded merchandise. Customer service extends to providing highly qualified instructors, personalized workout plans, and flexible scheduling options. With increasing awareness about environmental sustainability, several studios are integrating eco-friendly practices into their operations, from using sustainable building materials to offering eco-friendly mats and props.

The market research report has provided a comprehensive analysis of the competitive landscape. Detailed profiles of all major companies have also been provided. Some of the key players in the market include:

Authentic Pilates Ltd.

Balance Pilates

Core Pilates & Yoga  
Everyday Club Pty Ltd.  
Fitness Firm Yoga and Pilates Studio  
Fitness Unlimited  
Flex Studios Inc.  
Harmony Yoga Pilates Studio  
Innerstellar Pilates & Yoga Studio  
Longevita Pilates & Yoga Studio  
M Pilates and Yoga NJ  
Pilates Plus Online  
Pilates Unlimited  
Studio A Pilates & Yoga

#### Key Questions Answered in This Report:

How has the global pilates & yoga studios market performed so far, and how will it perform in the coming years?  
What are the drivers, restraints, and opportunities in the global pilates & yoga studios market?  
What is the impact of each driver, restraint, and opportunity on the global pilates & yoga studios market?  
What are the key regional markets?  
Which countries represent the most attractive pilates & yoga studios market?  
What is the breakup of the market based on the activity type?  
Which is the most attractive activity type in the pilates & yoga studios market?  
What is the breakup of the market based on the application?  
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