

GEN Z FITNESS PULSE REPORT

2025





FOREWORD

Will Orr
Chief Executive Officer

Gen Z is a key driver of growth, not only for The Gym Group, but for businesses across every sector.

Those born between 1997 and 2012 are set to make up more than one third of the working population by 2033.¹ Understanding Gen Z and their habits and motivations towards health and fitness will help us to better deliver for this generation and help young people sustain healthy exercise habits for the long term.

That's why we're excited to launch our inaugural Gen Z Fitness Pulse report and lead the conversation on insights and trends from this important generation.

This year's report explores fitness trends amongst 16-28 year olds², the strong connection between mental health and physical wellbeing, and how important integrating exercise into the working day is for Gen Z to help them feel more productive.

At The Gym Group, Gen Z makes up around 40% of our members³, which is around twice their representation when looking at the total

UK population⁴. We have seen a growing interest in fitness from this generation over the past few years, a trend that continues to accelerate. From our 2025 survey, nearly three-quarters (73%) of Gen Z report exercising at least twice per week, an increase of 11 percentage points from our 2024 survey⁵.

For many, fitness is not just important, it's a top priority. 44% of Gen Z rank fitness spending as their first or second discretionary spending priority ahead of all others, including going out to eat and drink, streaming services, or fashion. Total spend on fitness has also increased by 17% (£7.08) compared to last year, with Gen Z spending an average of £48.81 per month on fitness memberships, fitness apps, and equipment.

This comes despite widespread reports that Gen Z is cutting back and feeling financially squeezed⁶, but when it comes to fitness, they're not compromising. Fitness and going to the gym are about more than just exercise, getting fit, or losing weight, it's a non-negotiable part of their routine.

As we saw in our 2024 survey, many Gen Z view working out as a way to socialise, and this year's data reinforces this trend, with over half saying they have formed new friendships through working out, suggesting for young people the gym can help to tackle feelings of isolation or loneliness. Linked to this is the data again showing that mental health plays a huge role in motivations to exercise, as physical exercise is Gen Z's number one method to improve mental wellbeing.

In a world shaped by flexible working, remote-first roles, and with many of Gen Z having started their careers during the COVID-19 pandemic, it's no surprise this generation relates to work differently than Millennials or Gen X. With around 30% of our own employees in the Gen Z age bracket we want to understand this shift in working, to build thriving and productive teams and to support our growth ambitions.

Insights in this report show Gen Z's preference for flexible working enables them to pursue important fitness goals, with 52% saying flexible hours would help them stay active, and 82% believe weaving exercise into their daily routine could boost both their energy and productivity.

By creating space for flexibility, exercise, and a healthier integration of work and life, employers can tap into what helps drive Gen Z's productivity and engagement. In doing so, they are acknowledging the crucial role exercise plays in everyday Gen Z routines, and helping to shape a more resilient, energised, healthy, and future-ready workforce.

¹ Legal & General Business Insights Report 2023.

² Gen Z age group from 16 years (minimum age to be a Gym Group member)

³ The Gym Group plc Annual Report and Accounts 2024

⁴ UK population data from Xplor Gym Membership Sales Report 2024 (taken from Statista) - data from most recent year available (2022)

⁵ The Gym Group Gen Z Survey, September 2024, conducted by FocalData

⁶ Deloitte Global's 2025 Gen Z and Millennial Survey



PULSE CHECK: KEY FINDINGS

73%

of Gen Z exercise at least twice per week,

which represents a significant jump from 62% in 2024.

44%

of Gen Z rank fitness as their first or second spending priority

an increase of six percentage points compared to 2024, with average spending on items like gym memberships, equipment and other activities up 17% annually to £48.81.

87%

of respondents say that working out improves or significantly improves their mental health.

55%

of Gen Z rank mental health as a top three reason for exercising,
compared to 46% in 2024.

82%

say that integrating exercise into their working day does/would significantly or somewhat improve their productivity

as well as boost their energy levels.

52%

say that having flexible working hours

either already helps, or would most effectively help, them to stay active.

51%

of Gen Z say they have formed new friendships through working out

demonstrating that using the gym as a place to socialise remains important; 44% say they workout to socialise with friends, up from 37% last year.

FITNESS TRENDS

Fitness plays a central role in the lives of Gen Z, a trend that is reflected not only in their exercise habits but also in their spending patterns. The data shows this commitment to fitness is continuing to grow.

Almost three quarters (73%) of Gen Z report exercising at least twice per week, an 11 percentage point increase compared to 2024. Just 5% say they exercise less than once a month, showing that for most of this generation, exercise is firmly embedded in their weekly routines. While there are naturally some differences between age and gender within the Gen Z cohort, this level of exercise appears to be relatively consistent through younger and older members of this demographic. Looking at company visit data, compared to the first half of 2024, visits to the gym at least four times a month by Gym Group members aged 16–28 were up in 2025; in addition, Gen Z members have longer gym sessions compared with other aged members.

Strength training and running outdoors emerge as the most popular exercise choices, with 25% and 26% of respondents respectively ranking them as the activities they do most often. Other forms of exercise, like Pilates or yoga (ranked first by 12% of respondents) and spin or HIIT-type workouts (10%), are also becoming increasingly popular with this generation.

Overall, Gen Z is taking a more holistic approach to exercise. Because of this, much of Gen Z's activity takes place in the gym; nearly three-quarters (72%) of respondents report exercising in the gym at least once a month, and close to half (49%) say they work out at the gym at least twice per week. Recognising this evolving, holistic mindset is crucial for gyms to remain relevant and continue providing exceptional service. While dumbbells, barbells, and machines make up the heart of gyms, this insight shows they should now be complemented by offerings like Pilates, spin classes, and similar group fitness sessions.

As Molly Marshall, 26, member at The Gym Group Stockwell, puts it: “Going to the gym used to be something bodybuilders did. Now fitness is everywhere. Everyone's doing it.”

“It's not just about looking good anymore, it's about feeling good, managing stress, and building a balanced lifestyle,” says The Gym Group's Master Trainer Jenni Tardiff. “We're seeing Gen Z becoming more health conscious and taking a holistic approach to exercise compared to previous generations, they're wanting to do lots of different things to keep fit rather than just focusing on one particular training style or discipline.”

For Molly exercise is about more than just staying in shape, it's a lifeline for both physical and mental wellbeing.



To understand why fitness spending has increased, it helps to look at Gen Z's spending priorities. Health and fitness memberships or apps now rank as their top discretionary spending priority, with over a quarter (26%) of respondents naming it as their number one choice. This is ahead of other categories like streaming services, which came second at 19%, and dining out or drinking, which followed closely at 18%. Almost half (44%) of Gen Z consider fitness spending as either their first or second priority, an increase of six percentage points year-on-year.

“When it comes to fitness, Gen Z want to do it all. We’re seeing young people willing to spend more on gym memberships, events, and clothing. They’re investing in themselves, and that includes everything from Pilates reformer sessions and quality active wear, to electrolytes and supplements.” — Jenni Tardiff, Master Trainer, The Gym Group.

Fitness is clearly a top priority for Gen Z, reflected not only in how they spend their time but also in their willingness to invest money in staying fit. To understand why, we need to look beyond the physical benefits of exercise: for this generation, staying active is closely tied to managing stress, supporting their mental wellbeing, and maintaining a balanced lifestyle.

“It’s not just about looking good anymore, it’s about feeling good, managing stress, and building a balanced lifestyle,”

Jenni Tardiff
Gym Group’s Master Trainer



STRENGTHENING BODY AND MIND

It's estimated about 1 in 4 of us will experience a mental health problem at some point each year in England. And research shows that adults and young people feel their wellbeing is getting worse.⁷ Gen Z seem to be more open about discussing mental health challenges than older generations, just over three-quarters (76%) of Gen Z say they would talk to someone if they were struggling⁸.

Mental health and physical exercise are closely linked, with 55% of survey respondents ranking 'to support or improve my mental health and wellbeing' among their top three factors that motivate them to exercise, which is almost on a par with those who said a top three reason to exercise is to improve their fitness levels (58%). The vast majority of respondents (87%) said that working out either improves or significantly improves their mental health.

There are however notable differences across age and gender groups. Women aged 26 to 28

are the most likely to cite mental health as a top motivator, with 66% including it in their top three reasons for working out. In contrast, young males aged 16 to 17 are the least likely to prioritise mental health, with 41% including it in their top three reasons for exercising.

The positive impact of exercise on Gen Z's mental wellbeing becomes even clearer when looking at the methods they turn to for support. Traditional approaches like socialising with friends (45%) or family (27%) remain popular, but the standout choice is undertaking physical exercise, with 65% of respondents selecting it as their go-to method for improving mental health, nearly 20 percentage points ahead of healthy eating (46%), the next most common choice.

And, despite being a digitally native generation, only 12% rate turning to influencer content or wellbeing-focused social media, and just 8% say podcasts or apps focused on mental wellness are most effective for boosting their mental health.





"Working out makes me mentally and physically fit to go about my daily activities. It gives me the assurance that every task is easily achievable" said one of the respondents, with another saying that:

"Working out helps clear my mind and reduces feelings of stress or anxiety. It gives me a sense of accomplishment and boosts my mood throughout the day."

Our data from 2024 showed that over a third (37%) view working out as a way to socialise, and it is positive to see in our 2025 report that 51% have formed new friendships through working out. It is clear the gym is more than just a trip to keep physically fit for this generation. 44% of respondents use their workout to socialise with friends, a build on the 37% who identified with this last year, showing the gym is a growing platform for community and connection.

Gen Z's approach to fitness is redefining what it means to be well. For this generation, movement is more than a physical activity, it's a mental reset, a confidence builder, and a way to stay grounded. This approach means that the benefits of exercise are longer lasting and go beyond the dopamine rush you might get after a good gym session.

The Gym Group member Molly says that: "Even on rest days, I feel better knowing I've been active recently. It's about more than just the gym, it's about feeling like I'm doing something good for myself."

With 87% reporting that working out improves their mental wellbeing, and 65% turning to exercise as their most effective method for boosting mental health, it's clear that fitness is no longer just about aesthetics or performance. It's about feeling better, thinking clearer, and living more intentionally.

As Master Trainer Jenni puts it, Gen Z are "training for how they feel," embracing a holistic lifestyle that prioritises recovery, mindfulness, and emotional resilience. In doing so, they're not just building stronger bodies, they're building stronger minds.

⁷ Mind, The Big Mental Health Report 2024

⁸ Aviva: Younger generations showing positive progress in relation to mental health

FLEXERCISE IN THE WORKPLACE

The implications of Gen Z's attitude towards exercise are far-reaching, extending into their relationship with studying and working. Noting that by 2033, Gen Z is projected to make up over one-third of the UK workforce¹⁰, their attitudes are critical in shaping positive future workplaces.

Already, 73% of Gen Z exercise at least twice per week, and for 44%, fitness spending ranks as their top or second discretionary priority. With 87% saying that working out improves their mental health, and 65% identifying it as the most effective way to boost their wellbeing, it's clear this isn't just a passing trend, it's a lifestyle shift.

Naturally, this emphasis on exercise is beginning to shape Gen Z's working life. Having come of age during the COVID-19 pandemic, many experienced a global disruption during their

formative years, and are now placing greater value on flexibility¹² and prioritisation of work-life-balance.¹³

Understanding this shift isn't just about catering to Gen Z's preferences, it could be a way to unlock greater productivity and support a preventative healthcare agenda. Gen Z's approach offers a fresh perspective: a combined 82% of Gen Z respondents say that building exercise into their working day would significantly or somewhat boost their productivity and energy levels. By weaving movement into the rhythm of daily life through short workouts, lunchtime classes, or mindfulness breaks, they're showing that physical activity can have a meaningful impact on their work.

Flexibility is key to this. Over half (52%) of respondents say that flexible working hours either already help, or would most effectively help, them stay active. For Molly this is clear: "If I had the ability to take longer lunchbreaks to eat as well as exercise, I'd definitely use it.



It would really help me reset and come back more focused” she says.

When it becomes easier to integrate exercise into the workday, the benefits extend beyond individual wellbeing, they can translate directly into improved performance and resilience.

Will Orr, CEO of The Gym Group, says: “I’m always looking for ways to support employee wellbeing while enhancing productivity. Creating a healthier, more welcoming work environment isn’t just good for people, it’s good for business. It’s encouraging to see that flexible approaches to work, including helping people to make time for movement and exercise, can have a meaningful impact.”

And it’s not just about the workplace. Among students, 76% say that making it

easier to exercise would significantly or somewhat improve their ability to study effectively. Whether it’s flexible lecture times, on-campus fitness classes, or affordable gym memberships, the same principles apply: when movement is accessible, performance improves.

In the end, Gen Z’s relationship with exercise isn’t just about lifestyle or personal wellbeing, it’s about rethinking what really drives productivity. By making movement easier to integrate into daily routines, whether in the office or lecture hall, we can unlock sharper thinking, better focus, and longer-lasting energy. Gen Z are proposing a blueprint for a healthier, more balanced, and ultimately more productive future.

“We’re always looking for ways to support employee wellbeing while enhancing productivity. Creating a healthier, more welcoming work environment isn’t just good for people, it’s good for business. It’s encouraging to see that flexible approaches to work, including helping people to make time for movement and exercise, can have a meaningful impact.”

Will Orr
CEO of The Gym Group

¹⁰ Legal & General Business Insights Report 2023

¹² Deloitte - 2023 Gen Z and Millennial Survey

¹³ World Economic Forum How to recruit Generation Z workers — and keep them



CONCLUSION

Gen Z is reshaping the health and fitness landscape in ways that feel both profound and enduring. Their commitment to fitness isn't just a passing trend, it's becoming a defining part of how they live, spend, and work. For this generation, wellbeing isn't an add-on to daily life, it sits right at the centre, influencing choices and shaping routines.

But it goes far beyond physical health. For Gen Z, exercise builds the mind, it is a tool to manage stress, build resilience, and stay balanced in an always-on world. Exercise isn't just about looking good, it's about feeling well, thinking clearly, and protecting mental health. Fitness has become woven into the way Gen Z approaches life.

This mindset also influences how Gen Z works and therefore how employers can approach working with Gen Z. This generation is parting ways with old established working habits, instead, they see flexibility and movement as essential to doing their best work. A run or a gym session clearly has the potential to unlock sharper thinking, greater focus, and sustainable energy throughout the day. Flexibility is seen as a practical pathway to achieve better results, both for themselves and for the organisations they work for.

By embracing changes and collaborating, everyone can learn from Gen Z's approach to life. We all know that regular exercise is good for us but it's the importance of integrating it into daily lives. The Gym Group seeks to help make Britain a healthier, more productive nation, by delivering on its mission to grow accessible high value, low cost fitness. Ultimately, it's about making

movement part of everyday life so that everyone, not just Gen Z, can feel better, live healthier, and perform at their best.

As Gen Z's influence grows, their holistic view of health and productivity offers a fresh picture for the future. In recognising that exercise, wellbeing and output go hand in hand, we don't just adapt to Gen Z's needs, we set the stage for a more resilient and sustainable future of work and society.

METHODOLOGY

This report is based on a nationwide survey exploring Gen Z fitness trends and the relationship between fitness, mental health, and workplace performance. The survey, conducted in partnership with FocalData, is the second wave of research following an initial survey carried out in 2024, allowing us to compare evolving attitudes and behaviours and provide year-on-year insights for the first time.

A total of 2,071 Gen Z respondents aged 16 to 28 took part in the survey, which was distributed online across the UK between the 1st and 7th of July 2025. To capture a comprehensive view of the topic, the questionnaire included a variety of formats such as single-select and multiple-choice questions, ranking exercises, matrix selects, and free-text responses.

Data from the survey was analysed using descriptive statistical methods via the FocalData platform, which provided summary charts and

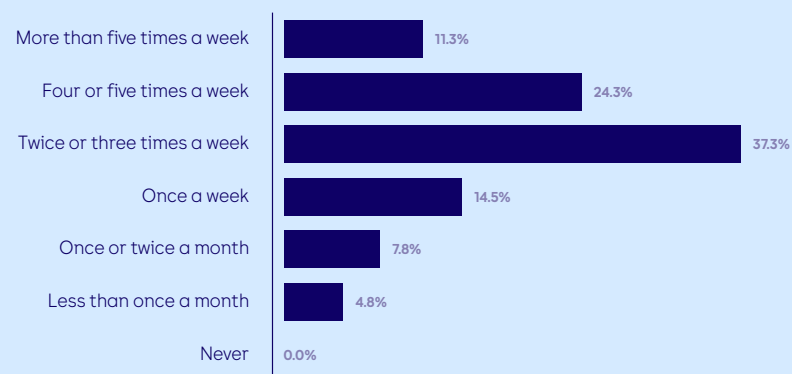
graphs. Key trends and insights were then identified and interpreted by the report authors to highlight the most relevant findings.

In addition to the quantitative survey data, the report includes qualitative insights drawn from interviews with Will Orr, Chief Executive Officer; Jennifer Tardiff, Master Trainer at The Gym Group; and Molly, a member of The Gym Group. These interviews offered valuable context and personal perspectives that complemented the statistical findings, helping to illustrate how broader trends translate into real experiences.

This mixed-methods approach, combining large-scale quantitative data with in-depth qualitative interviews, was chosen to provide a balanced and richer understanding of how fitness influences the wellbeing and productivity of Gen Z. It also offered deeper insight into general fitness trends and Gen Z's broader relationship with exercise.

Full survey data and question wording are included in the Appendix.

APPENDIX



Q1. How often, if at all, do you exercise?

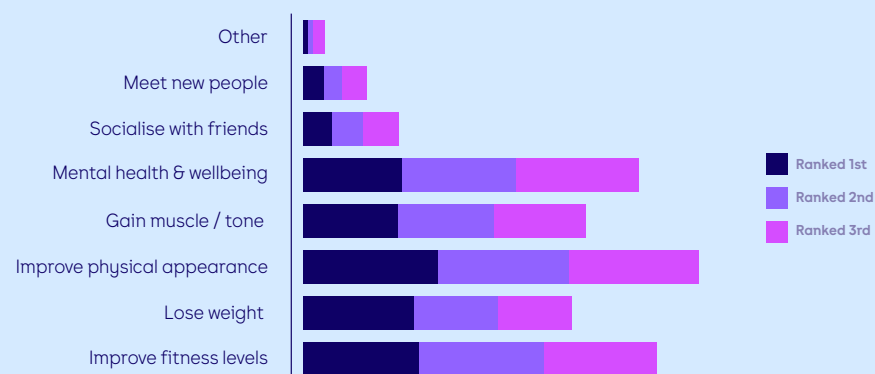
- Twice or three times a week: 37.3%
- Four or five times a week: 24.3%
- Once a week: 14.5%
- More than five times a week: 11.3%
- Once or twice a month: 7.8%
- Less than once a month: 4.8%
- Never: 0%



Q2. How often, if at all, do you go to the gym?

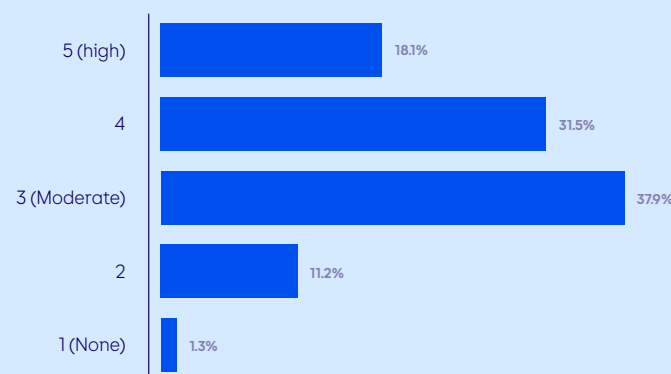
- Twice or three times a week: 31%
- Four or five times a week: 13.9%
- Once a week: 15%
- Never: 20.1%
- Less than once a month: 8.4%
- Once or twice a month: 7.8%
- More than five times a week: 3.8%

APPENDIX



Q3. Please select the top three factors that motivate you to exercise (Ranked)

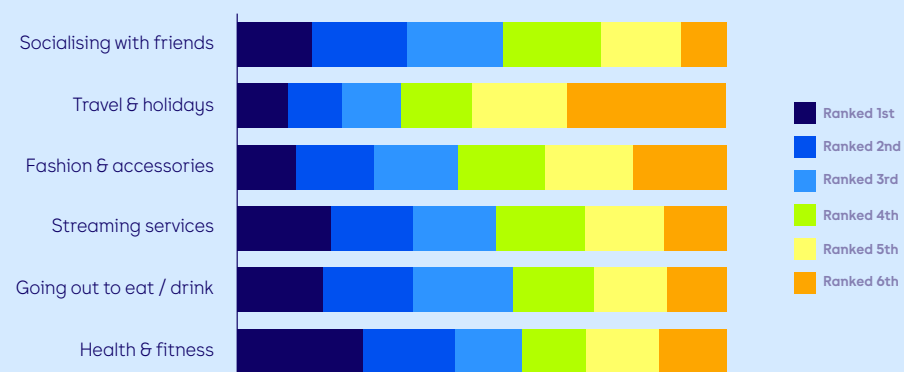
- **Improve physical appearance**
1st: 21.9%, 2nd: 21.5%, 3rd: 21.3%
- **Mental health & wellbeing**
1st: 16.1%, 2nd: 18.6%, 3rd: 20.1%
- **Improve fitness levels**
1st: 18.8%, 2nd: 20.5%, 3rd: 18.5%
- **Lose weight**
1st: 18%, 2nd: 13.8%, 3rd: 12.1%
- **Gain muscle / tone**
1st: 15.4%, 2nd: 15.8%, 3rd: 15%
- **Socialise with friends**
1st: 4.7%, 2nd: 5%, 3rd: 6%
- **Meet new people**
1st: 3.4%, 2nd: 2.8%, 3rd: 4.1%
- **Other**
1st: 0.7%, 2nd: 0.9%, 3rd: 1.9%
- **None**
0% across all ranks



Q4. On a scale of 1 to 5, how knowledgeable do you feel about physical fitness and exercise? (Scale 1-5)

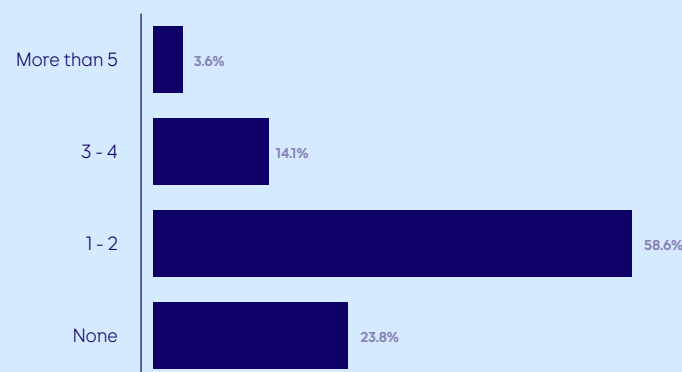
- 3 (Moderate): 37.9%
- 4: 31.5%
- 5 (High): 18.1%
- 2: 11.2%
- 1 (None): 1.3%

APPENDIX



Q5. Thinking about your monthly spending, excluding fixed costs (e.g. rent, mortgage, utility bills) and weekly grocery shopping, please rank the following personal purchases based on how much you prioritise them when budgeting your monthly spending: (Ranked)

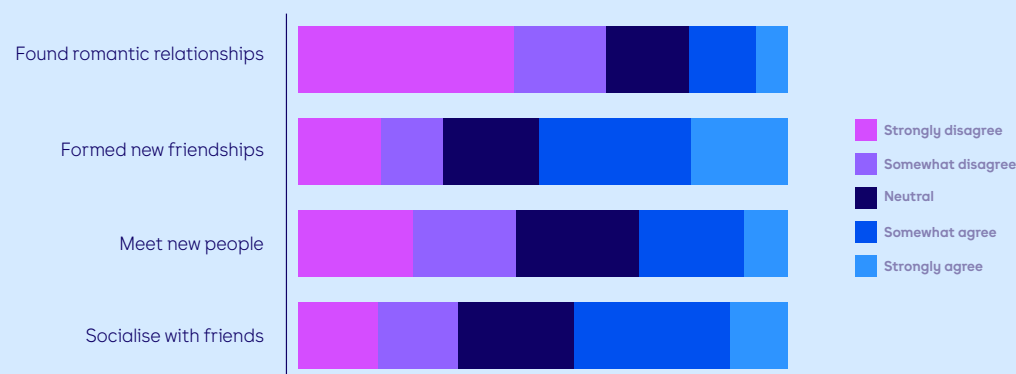
- **Health & fitness**
1st: 25.7%, 2nd: 18.6%, 3rd: 13.8%, 4th: 13.1%, 5th: 15%, 6th: 13.8%
- **Streaming services**
1st: 19.2%, 2nd: 16.7%, 3rd: 16.9%, 4th: 18.2%, 5th: 16.2%, 6th: 12.8%
- **Going out to eat/drink**
1st: 17.5%, 2nd: 18.4%, 3rd: 20.4%, 4th: 16.5%, 5th: 15%, 6th: 12.2%
- **Socialising with friends**
1st: 15.2%, 2nd: 19.4%, 3rd: 19.6%, 4th: 20.1%, 5th: 16.2%, 6th: 9.5%
- **Fashion & accessories**
1st: 12%, 2nd: 15.9%, 3rd: 17.1%, 4th: 17.8%, 5th: 18.1%, 6th: 19.1%
- **Travel & holidays**
1st: 10.3%, 2nd: 11%, 3rd: 12.2%, 4th: 14.3%, 5th: 19.5%, 6th: 32.6%



Q6. Thinking about the past 12 months, how many fitness memberships or apps have you paid for? (past 12 months)

- 1-2: 58.6%
- None: 23.8%
- 3-4: 14.1%
- More than 5: 3.6%

APPENDIX



Q7. On a scale of 1 to 5, where 1 is 'strongly disagree' and 5 is 'strongly agree', how much do you agree with the following statements about working out as a form of socialising? (Agreement scale)

- Found romantic relationships**

Strongly Agree: 6.6%,
Somewhat Agree: 13.5%,
Neutral: 17.1%,
Somewhat Disagree: 18.7%,
Strongly Disagree: 44%

- Formed new friendships**

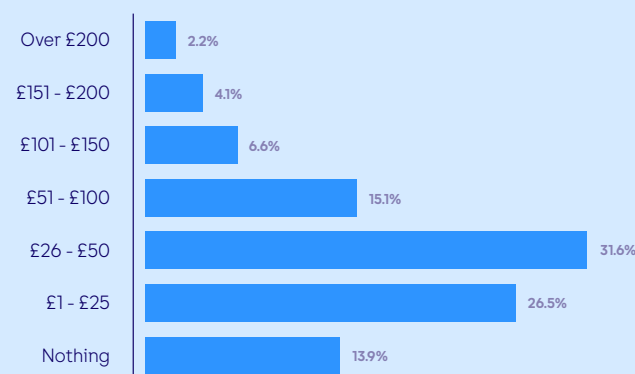
Strongly Agree: 19.8%,
Somewhat Agree: 31%,
Neutral: 19.8%,
Somewhat Disagree: 12.5%,
Strongly Disagree: 16.9%

- Meet new people**

Strongly Agree: 9.1%,
Somewhat Agree: 21.4%,
Neutral: 25%,
Somewhat Disagree: 21.2%,
Strongly Disagree: 23.3%

- Socialise with friends**

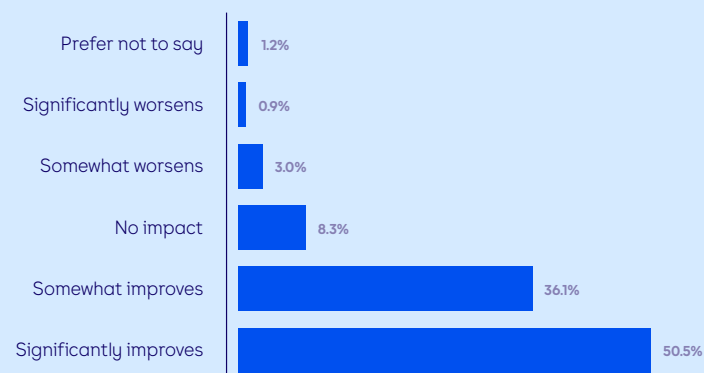
Strongly Agree: 12%,
Somewhat Agree: 31.7%,
Neutral: 23.7%,
Somewhat Disagree: 16.3%,
Strongly Disagree: 16.3%



Q8. How much do you spend on average per month on health & fitness-related memberships, equipment and activities?

- £26-£50: 31.6%
- £1-£25: 26.5%
- £51-£100: 15.1%
- Nothing: 13.9%
- £101-£150: 6.6%
- £151-£200: 4.1%
- Over £200: 2.2%

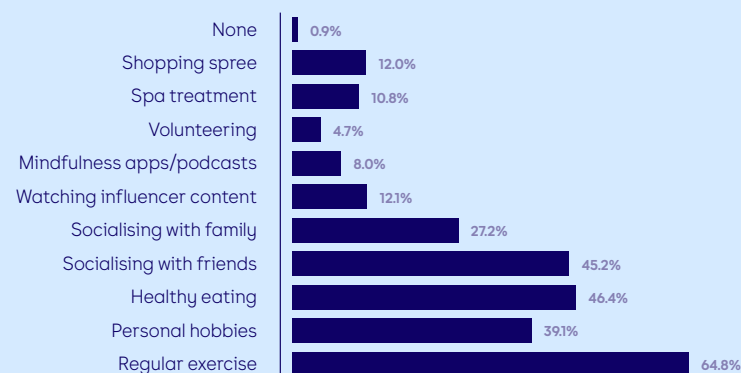
APPENDIX



Q9. How does working out impact your mental wellbeing?

- Significantly improves: 50.5%
- Somewhat improves: 36.1%
- No impact: 8.3%
- Somewhat worsens: 3%
- Significantly worsens: 0.9%
- Prefer not to say: 1.2%

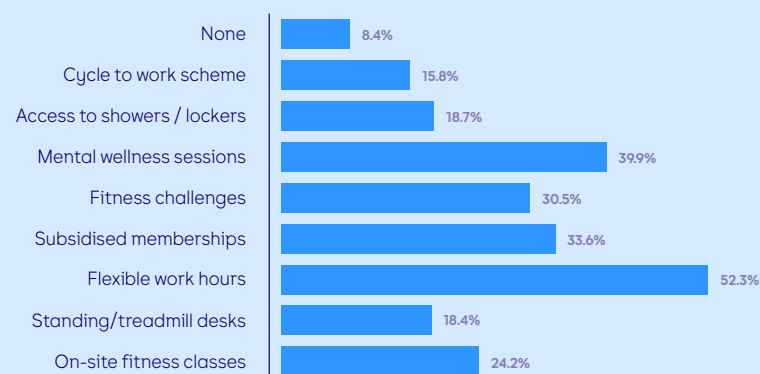
Q10. You indicated that {Q10}, if you feel comfortable, please expand on that answer.



Q11. Which of these are most effective for giving your mental wellbeing a boost? (Select up to 3)

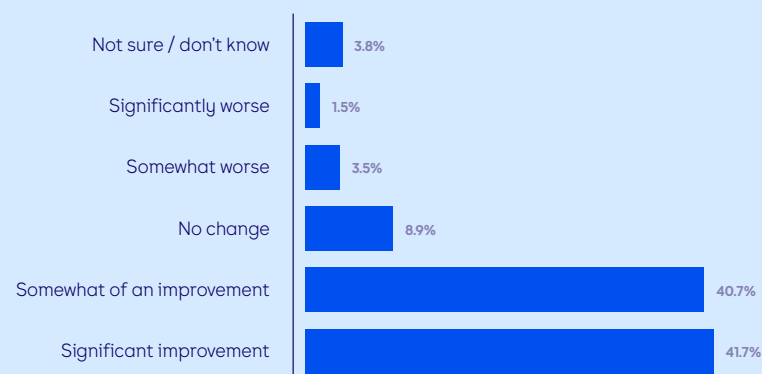
- Regular exercise: 64.8%
- Healthy eating: 46.4%
- Socialising with friends: 45.2%
- Personal hobbies: 39.1%
- Socialising with family: 27.2%
- Watching influencer content: 12.1%
- Shopping spree: 12%
- Spa treatments: 10.8%
- Mindfulness apps/podcasts: 8%
- Volunteering: 4.7%
- None: 0.9%

APPENDIX



Q12. Which of the following would / does most help you integrate exercise into your working life? Select your top three (Top 3)

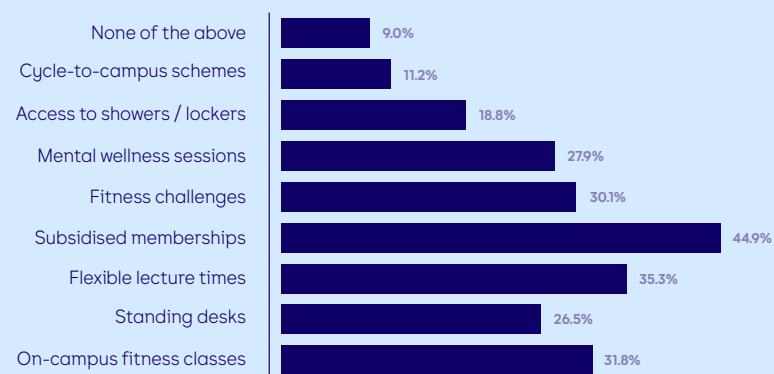
- Flexible hours: 52.3%
- Mental wellness sessions: 39.9%
- Subsidised memberships: 33.6%
- Fitness challenges: 30.5%
- On-site fitness classes: 24.2%
- Access to showers/lockers: 18.7%
- Standing/treadmill desks: 18.4%
- Cycle to work scheme: 15.8%
- None: 8.4%



Q13 How much would / do the preferences you indicated in answer to the previous question help to improve your productivity and boost your energy?

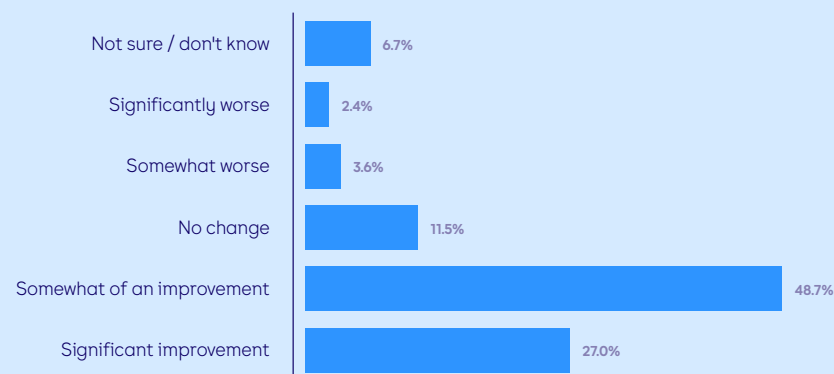
- Significant improvement: 41.7%
- Somewhat improvement: 40.7%
- No change: 8.9%
- Somewhat worse: 3.5%
- Significantly worse: 1.5%
- Not sure: 3.8%

APPENDIX



Q14. Which of the following would help / does help you integrate exercise into your study life? (Top 3)

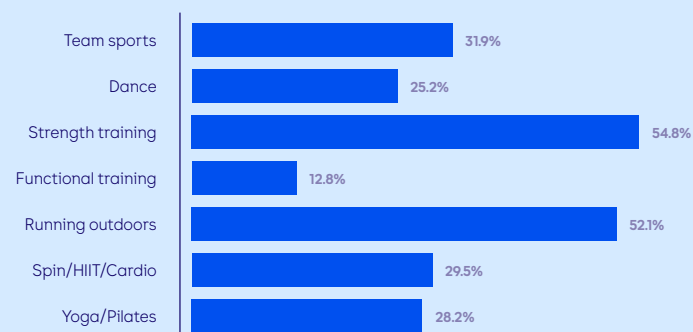
- Subsidised memberships: 44.9%
- Flexible lecture times: 35.3%
- On-campus fitness classes: 31.8%
- Fitness challenges: 30.1%
- Mental wellness sessions: 27.9%
- Standing desks: 26.5%



Q15. How much would / do the preferences you indicated in answer to the previous question improve your ability to study effectively?

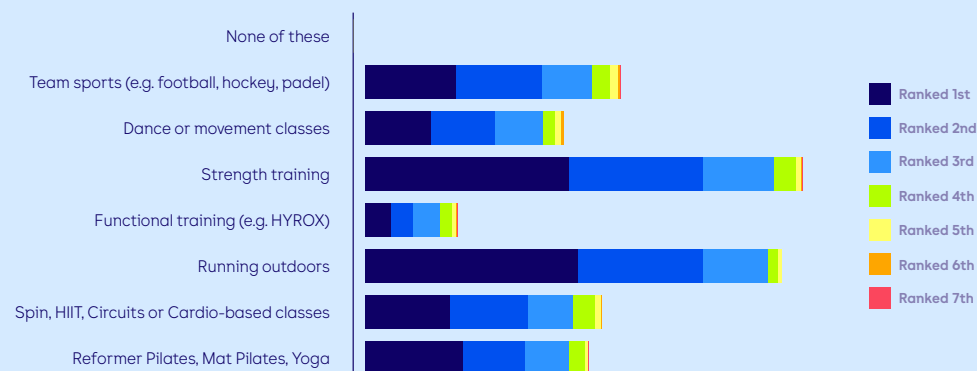
- Significant improvement: 27%
- Somewhat improvement: 48.7%
- No change: 11.5%
- Somewhat worse: 4.3%
- Significantly worse: 2.1%
- Not sure: 6.4%

APPENDIX



Q16. Which types of activity make up your exercise routine? (Select all that apply)

- Strength training: 54.8%
- Running outdoors: 52.1%
- Team sports: 31.9%
- Spin/HIIT/Cardio: 29.5%
- Yoga/Pilates: 28.2%
- Dance: 18.3%
- Functional Training: 12.8%



Q17. Which types of activity do you carry out most often?

- **Running outdoors**
1st: 26.1%, 2nd: 15.2%, 3rd: 8%,
4th: 1.3%, 5th: 0.4%, 6th: 0%, 7th: 0%
- **Strength training**
1st: 24.9%, 2nd: 16.5%, 3rd: 8.6%,
4th: 2.7%, 5th: 0.7%, 6th: 0.1%, 7th: 0.1%
- **Reformer Pilates, Mat Pilates, Yoga**
1st: 11.9%, 2nd: 7.7%, 3rd: 5.3%,
4th: 2%, 5th: 0.4%, 6th: 0%, 7th: 0.1%
- **Team sports (e.g. football, hockey, padel)**
1st: 11.1%, 2nd: 10.6%, 3rd: 6.1%,
4th: 2.2%, 5th: 0.9%, 6th: 0.3%, 7th: 0.1%
- **Dance or movement classes**
1st: 8%, 2nd: 79%, 3rd: 5.8%,
4th: 1.5%, 5th: 0.8%, 6th: 0.3%, 7th: 0%
- **Spin, HIIT, Circuits or Cardio-based classes**
1st: 10.4%, 2nd: 9.5%, 3rd: 5.6%,
4th: 2.6%, 5th: 0.8%, 6th: 0.1%, 7th: 0%
- **Functional training (e.g. HYROX)**
1st: 3.1%, 2nd: 2.8%, 3rd: 3.2%,
4th: 1.5%, 5th: 0.5%, 6th: 0.1%, 7th: 0.2%