

8 July 2026

The Gym Group plc
(‘The Gym Group’ or ‘the Group’)
Pre-close trading update

Positive momentum continues

Leading low cost gym operator, The Gym Group, is pleased to announce that positive trading momentum has continued through the first half of 2026, with like-for-like revenue growing 3% year on year¹ as expected.

Revenue for the six months ended 30 June 2026 increased by 10% to £133.1m (H1 25: £121.0m). Average members grew 5% to 1,002,000 (H1 25: 953,000), and average revenue per member per month (‘ARPM’) was also up 5% at £22.14 (H1 25: £21.16). We closed the period with 991,000 members compared with 923,000 at 31 December 2025 and 949,000 at 30 June 2025.

We opened four new gyms in the first half of the year and, as at 8 July, we are on site at a further two sites and have exchanged on a further eleven. We remain on track to open at least 20 gyms in 2026.

Net debt at 30 June 2026 was £58.0m. We expect it to increase from this level at year end, given the second-half weighting to the new gym opening and refurbishment programmes and the continuation of the share buyback programme. In the first half of the year, 2.2m shares were purchased under the share buyback programme, with £3.8m of the proposed £10m programme spent.

In June, the Group agreed a £15m increase in the available bank facilities. As a result, the Group now has in place £117m of combined facilities, consisting of £60m of Term Loan and £57m of RCF, which are due to mature in June 2028.

The Group’s interim results for the six months to 30 June 2026 will be announced on 9 September 2026.

Will Orr, CEO of The Gym Group, commented:

“We are pleased with our trading performance year to date which reflects the continued appeal of our proposition and strength of customer demand. Reaching one million members during the period is an encouraging milestone for us in a UK fitness market that continues to grow. We remain focused on the disciplined execution of our growth strategy and confident in the full year outlook. We look forward to updating the market more fully on our progress in September.”

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Notes for Editors

The Gym Group was a pioneer of the low cost gym model and offers 24/7 opening and flexible, no contract memberships. As at 30 June 2026, we operated 264² high quality sites across the UK with around 1 million members nationwide. Our gyms have c.70 million visits per annum and score highly on member satisfaction. The Gym Group is the world’s first gym operator to have its science-based net-zero emission reduction targets validated by the Science Based Targets initiative (SBTi).

¹ Like-for-like Revenue vs H1 25 includes all sites open as at 31 December 2023.

² Opened the year with 260 gyms with 4 new openings in the first half. Sites opened in 2026 to date are: London Stamford Hill, Lincoln, Leeds Crown Point and London Hackney.