



## UPDATE FITNESS

The leading fitness provider in eastern Switzerland offers customers individual strength and endurance training, fitness including coaching, group sessions and a crèche. Coop holds a majority interest in the health-focused fitness group.

[www.update-fitness.ch](http://www.update-fitness.ch)



**Net sales 2017**  
CHF 17 million



**Market position**  
Number one on the eastern Swiss fitness market.  
Leading fitness provider in German-speaking Switzerland by location



**Number of fitness centres**  
31



**Sales area (surface area of centres)**  
34 591 m<sup>2</sup>



**Number of employees**  
635, including 5 apprentices



**Vision**  
“Update, my coach”: we want to be number one in value for money



**Offering**  
Equipment-based and free weight training, endurance training and flexibility training at centres and during classes



**Services**  
Training advice, training support and coaching



**Sustainability achievements**  
Promoting the health of guests; sustainable use of resources; Switzerland’s first CO<sub>2</sub>-neutral fitness facility