



UPDATE FITNESS

The leading fitness provider in German-speaking 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



Net sales 2019
CHF 26.4 million



Market position
Leading fitness provider in German-speaking Switzerland



Number of fitness centres
48



Sales area (surface area of centres)
50 195 m²



Number of employees
898, including 7 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 CO₂-neutral fitness facility