

Comparison of Swiss Fitness Chains



| Fitness chains | ACTIV FITNESS | Basefit | Discountfit | Evo Fitness | Fitness-Park | Fitnessplus | Flower Power | Indigo Fitness | Kieser Training | Let's Go Fitness | Migros FitnessCard | MFIT | ONE Training Center | Update-Fitness |
|---|---|------------------------------------|--------------------|------------------------|--|--------------------|--|---|--|----------------------------|---|---|---|--|
| Prices | | | | | | | | | | | | | | |
| Annual membership fee | CHF 740 | CHF 499 | CHF 468 | CHF 828 | CHF 1,050 to CHF 1,415 * | CHF 990 | CHF 1,240 | CHF 1,550 to CHF 1,790 * | Approx. CHF 1,040 ** | CHF 1,289 | CHF 1,420 | CHF 790 | CHF 1,090 | CHF 690 |
| Registration fee | - | CHF 20 | CHF 30 | CHF 69 | - | - | CHF 70 | - | - | - | - | - | - | - |
| Certification for health insurer | Qualitop | Qualitop | - | - | Qualitop | Qualitop | Qualitop | Fitness-Guide (partially) | Qualitop | Qualitop | Qualitop | Qualitop | Qualitop | Qualitop |
| Trial | Free | Free | - | Free | Incl., depending on location | Free | CHF 29 | Free | Free | Free | Depending on location | Free | Free | Free |
| Available membership periods | 12/24 months | 12/24 months | 12 months | 1 month | Single admission (partially), 10 session pass, 1/12 months | 1/3/6/12 months | 1/6/12/24 months | 10 session pass, 3/6/12 months | 12/24/36 months | 3/6/12 months | 12 months | 1/3/6/12 months | Single admission, 1/2/3/12/24 months | 12 months |
| Locations and access | | | | | | | | | | | | | | |
| Locations (canton) | FR, GE, GL, NE, SG, SZ, TI, VD, VS, ZH | AG, BE, BS, GR, LU, SG, SO, ZG, ZH | AG, BE, BS, FR, ZH | BE, BS, FR, GE, LU, ZH | AG, BS, LU, SG, VD, ZH | BS, ZH | AG, BE, SO | BS, GE, LU, ZG, ZH | AG, BE, BL, BS, FR, LU, SG, SH, SO, TG, ZG, ZH | BE, FR, GE, JU, NE, VD, VS | All of Switzerland except AI, JU, NW | GR, SG, SH, TG, ZH | LU, NW, SZ, UR, ZG | AR, AG, BE, BL, BS, GR, LU, SG, SO, TG, ZH |
| Number of locations | 62 | 37 | 23 | 10 | 17 | 5 | 12 | 5 | 23 | 52 | 133 | 13 | 14 | 46 |
| Access to all locations | Yes | Yes | No | Yes | Regional only | n.s. | No | No | n.s. | Yes | Yes | Yes | Yes | Yes |
| Days open per year | 365 | 365 | 365 | 365 | 365 | 365 | 365 | 362 | 365 | 362 | 365 | 365 | 365 | 365 |
| Hours open on weekdays (Mon-Fri) | ≥ 13 h | ≥ 15 h | ≥ 17 h | ≥ 17 h | ≥ 14 h | ≥ 15 h | ≥ 16 h | ≥ 15.5 h | ≥ 15 h | ≥ 12 h | ≥ 13.5 h | ≥ 13.5 h | ≥ 14 h | ≥ 12.5 h |
| Hours open on weekends (Sat-Sun) | ≥ 8 h | ≥ 9 h | ≥ 17 h | ≥ 17 h | ≥ 9 h | ≥ 15 h | ≥ 10 h | ≥ 10 h | ≥ 9 h | ≥ 5 h | ≥ 8 h | ≥ 8 h | ≥ 10 h | ≥ 5 h |
| Classes and services | | | | | | | | | | | | | | |
| Group classes (max. ●●●) | ●●● | ●●● (Virtual instructor only) | - | - | - | ● | ●●● | ●● | - | ● | ●●● | ●●● | ●●● | ●●● |
| Yoga/pilates | Incl. | Incl. (virtual instructor only) | - | - | Excl. | Incl. if available | Incl. | Incl. | - | Incl. if available | Incl. | Incl. | Incl. | Incl. |
| Fitness & functional training (e.g. TRX, crossfit, core, cycling, bodypump) | Incl. | Incl. (virtual instructor only) | - | - | Excl. | Incl. | Incl. | Incl. | - | Incl. if available | Incl. | Incl. | Incl. | Incl. |
| Rhythm & dance (e.g. zumba) | Incl. | Incl. (virtual instructor only) | - | - | Excl. | - | Incl. | - | - | Incl. if available | Incl. | Incl. | Incl. | Incl. |
| Training support | Incl. | - | - | - | Incl. | Incl. | Incl. | Incl. | Incl. | - | Incl. | Incl. | Incl. | Incl. |
| Wellness services (max. ●●●) | ● | - | - | - | ●● | ● | ● | ●● | - | ●● | Depending on location | - | ●● | - |
| Sauna/steam room | Incl. | - | - | - | Incl. | Incl. if available | Incl. if available | Incl. | - | Incl. if available | Incl. | - | Incl. if available | - |
| Solarium | Excl. if available | Excl. | - | - | Incl. | Incl. if available | Incl. if available | - | - | Excl. if available | Excl. if available | - | - | - |
| Quiet zone | - | - | - | - | - | - | - | Incl. | - | Incl. if available | Incl. if available | - | Incl. | - |
| Personal training | - | - | Excl. | Excl. | Excl. | - | Excl. if available | Excl. | Excl. | Excl. | Depending on location | - | - | - |
| Childcare | Incl. | - | - | - | Incl. | Incl. occasionally | Incl. | - | - | Depending on location | Incl. if available | Incl. | Incl. | Incl. occasionally |
| Drinks | n.s. | Excl. | n.s. | Excl. | Excl. | n.s. | Incl. | Incl. | n.s. | Excl. | n.s. | n.s. | Incl. | n.s. |
| Nutrition counselling | - | - | - | - | Excl. | Excl. | Excl. | - | - | - | Excl. if available | - | Excl. | - |
| Physiotherapy | - | - | - | - | - | - | - | - | Excl. | - | - | Free physio consultation depending on location | - | Partially available, excl. |
| Other services | Free hire of heart rate monitor during training | Showers CHF 0.50 per 3 minutes | - | EVO app for members | Massages bookable for a fee (partially) | - | One free fitness check per year; online classes for at home; massages bookable for a fee | Member benefits/discounts; hand and bath towels | Incl. training checks & strength tests | - | Affiliated chains: Fitnesspark, MFIT, FlowerPower, ACTIV FITNESS, ONE Training Center, Migros Fitnesscenter, Only Fitness | Free fitness checks; online classes for at home | Children's fitness class bookable for a fee | - |

Key:

* = Depending on location

** = Without endurance equipment

- = Not available

n.s. = Not specified

Partially/if available = Available in less than 80% of locations

Occasionally = Available in less than 20% of locations

Incl. = Included in the annual membership fee

Excl. = Not included in the annual membership fee

Depending on location = Different options available – consult the gym or centre

● = Number of dots signifies the range of services available. A maximum of 3 dots is possible. (If services are available in less than 80% of locations, only a half-dot is given. Dots are rounded down.)