



EXCLUSIVE STRONG PILATES & RECOVERY CENTRE

South-East Melbourne, VIC

VIC

 **FOR SALE**

**STRONG PILATES
& RECOVERY CENTRE**

 South-East Melbourne, VIC

EXCLUSIVE STRONG PILATES & RECOVERY CENTRE (SOUTH-EAST MELBOURNE) BFB4036

CARDIO-INFUSED PILATES + FULL RECOVERY IN ONE HIGH-GROWTH STUDIO

Own a premium, next-gen studio that fuses cardio-infused Pilates with a full recovery experience. Opened in 2024, this turnkey site benefits from a high-exposure position in Melbourne's south-east with easy access to major arterials and public transport. The spacious ~661 m², multi-level facility includes a mezzanine kitchen/laundry, office areas and on-site parking—set up for smooth day-to-day operations and future growth.

Inside, STRONG's signature Rowformer/Bikeformer programming pairs with a comprehensive Recovery zone—infrared saunas, traditional sauna, cold plunge and compression therapy. Flexible memberships and passes drive frequency, retention and add-on spend, supported by a capable team already in place.

- Established in 2024 with a loyal member base
- 661 m² multi-level premises with on-site parking
- Professional team in place: Studio Manager, Instructors, Recovery Ops Assistants and Child Minders
- Recovery services: infrared saunas, traditional sauna, cold plunge, compression therapy

Price	Expressions of Interest
Property Type	Business
Property ID	4036

Agent Details

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BF BROKERS

Committed to Service and Integrity

- Additional income via a leased studio and a leased consulting room
- Vendor and franchisor training included for a smooth handover
- Strategic south-east Melbourne catchment with strong lifestyle and wellness demand

Turnkey, contemporary fit-out; dual growth engines (high-demand Pilates + full Recovery); low near-term capex; diversified cash flow via leased spaces; and the brand power of STRONG in a thriving south-east corridor—positioning this asset for scalable membership growth and strong retention.

Should you be interested and wish to receive further information, please complete the online Confidentiality Deed and a fully comprehensive Business Profile will be made available to you. To discuss this or other fitness and health opportunities in Victoria state, please contact Benjamin Owens on ben@bfbrokers.com or 0483 968 232.

Business & Franchise Brokers brings years of experience in the sale of Health and Fitness businesses and have represented a number of independent and major brands such as Jetts Fitness, ACTV Strength Co, Anytime Fitness, Snap Fitness, Plus Fitness, UBX, Air Locker Training, Fernwood Fitness, World Gym, Flow ST8; FS8 & F45 Training, KX Pilates, just to name a few, plus your independent 24/7 training venues, boxing studios, PT studios, swim centres and many more.

*NB: *The business images shown are for illustration purposes only and may not be an exact representation of the business.*

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