

Just Listed



INDEPENDENT FITNESS & RECOVERY BUSINESS

 Canberra, ACT

ACT

INDEPENDENT FITNESS & RECOVERY BUSINESS FOR SALE (CANBERRA, ACT) BFB4700

15+ YEARS OF TRADING HISTORY, RECURRING REVENUE AND ROOM TO GROW

A rare opportunity to acquire a well-established small group strength and conditioning coaching facility, trading successfully in Canberra since 2011. Operating from a purpose-fitted premises of 360sqm, this business has built a loyal, engaged membership base through its signature small group coaching model, complemented by 24/7 access, open gym facilities, and a dedicated recovery space. With an experienced coaching team, a fully systemised operation, and a strong reputation built over more than a decade, this is a genuine turnkey opportunity for a buyer seeking an established, cash-flow-positive fitness business with real growth potential.

This is a business built on strong recurring revenue and low member churn, underpinned by a high proportion of members on direct debit and a well-utilised class timetable. The current owner is committed to providing full training and support to ensure a smooth handover, reducing risk for an incoming purchaser and allowing continuity of service for members and staff alike. Additional revenue diversification opportunities exist through the dedicated office space, well suited to allied health or wellness sub-tenancies such as massage or breathwork — offering scope to grow income well beyond the core membership model.

- Established 2011 – over a decade of trading history and brand reputation in Canberra
- 150 members, with 95% on direct debit, providing predictable, recurring revenue
- 24 classes per week plus 24/7 access and open gym access
- Small-group strength & conditioning coaching
- Wide range of membership options catering to different member needs and price points

Price	\$370,000
Property Type	Business
Property ID	4700

Agent Details

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Committed to Service and Integrity

- Team of 5 coaches and 1 cleaner in place, supporting continuity post-sale
- Full training and handover support provided by the current owner
- 360sqm premises including 10 parking bays, toilets, showers, and an office
- Dedicated recovery space featuring a sauna and an auto-chilling/filtering ice bath — a strong point of difference in the local market
- Additional 36sqm fitted-out office space with subleasing potential

This is a genuine turnkey acquisition — over a decade of trading history, a loyal membership base on recurring billing, and a premium recovery facility as a point of difference. With a smooth, supported handover from the current owner, this is an ideal opportunity for an owner-operator, an existing gym owner expanding into Canberra, or an investor seeking a stable, cash-generating asset in the booming fitness industry.

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 New South Wales state, please contact Elliott Skeoch on 0483 967 232 or elliott@bfbrokers.com.

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.*

The above information provided has been furnished to us by the vendor/s. We have not verified whether or not that information is accurate and do not have any belief in one way or the other in its accuracy. We do not accept any responsibility to any person for its accuracy and do no more than pass it on. All interested parties should make and rely upon their own inquiries in order to determine whether or not this information is in fact accurate.