

PREMIER WOMEN-ONLY FITNESS STUDIO (MID NORTH COAST, NEW SOUTH WALES) BFB4701

A BUSINESS BUILT ON COMMUNITY, TRUST, AND RESULTS – READY FOR ITS NEXT OWNER

For sale: a thriving, women-only fitness studio located in a popular coastal city on the NSW Mid North Coast, presenting a rare and exciting opportunity to own a beloved, community-driven business with over a decade of proven success. Since first opening its doors in 2012, this studio has cultivated a loyal, engaged membership by helping women feel stronger, healthier and more confident — earning its place as a trusted, well-known name in the local fitness scene.

What sets this business apart is its unique, female-focused model, its warm and supportive community vibe, and its specialised programming you simply won't find at a standard gym. Boasting an impressive variety of class styles — from strength and cardio to outdoor and low-impact options — plus personal and small group training, this studio attracts women of all ages and stages of life. With a skilled team already in place, proven systems, and full handover support from the current owner, this is a turnkey opportunity ready for its next chapter.

- Over 13 years of continuous trading and a strong, established local reputation
- 280 active members and 30 classes running per week across a packed timetable
- Diverse program offering spanning group classes, personal training, small group and outdoor sessions, nutrition support, health assessments, an exclusive bone-health program, and specialist pre/post-natal training
- Corporate wellness affiliation, unlocking access to major workplace membership channels
- Experienced, ready-made team already in place, including

Price	$165,000
Property Type	Business
Property ID	4701

Agent Details

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qualified instructors and specialist contractors
- Full training and handover support provided by the seller
- Spacious 300sqm premises complete with 2 toilets, 2 showers and a private treatment room
- Established online presence with an active, engaged social media following
- Bonus income potential from a private treatment room
- Recent increases to membership fees are set to drive forecasted profit higher

This is an exceptional opportunity to acquire a well-established, highly regarded business in a growing wellness market — complete with a loyal customer base, a dedicated team, and untapped potential for further growth. Rarely does a business with this level of brand equity, community trust and diversified income come to market. Don't miss your chance to step into a rewarding, ready-to-run business with a bright future ahead.

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.*

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