

2025 - 2026

UNIVERSAL GYM IMPACT REPORT

BUCS



**SPORT
ENGLAND**



2025 - 2026

UNIVERSAL GYM

INSTITUTIONS

85

FACILITIES

110

GYM BOOKINGS

92,893

Growth of 8,081

MEMBERS

7,291

Growth of 649

BREAKDOWN OF MEMBERS:

Students: 94.2%
Staff: 5.8%

GENDER BREAKDOWN:

Male: 56%
Female: 39.7%
Gender-fluid: 0.12%
Non-binary: 0.27%
Prefer not to say: 3.79%
Prefer to self prescribe: 0.12%

PHYSICAL ACTIVITY LEVELS OF MEMBERS



FAIRLY ACTIVE 24.6%
(30-149 mins per week)

ACTIVE 73.8%
(150+ mins per week)

INACTIVE 1.6%
(Less than 30 mins per week)

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NPS

CHRISTMAS

+61

EASTER

+76

SUMMER

+67

KINGS COLLEGE LONDON, 3RD YEAR STUDENT:

"Great concept, well executed, and very useful for people who go home for the holidays or just want to work out with friends from other sites."

UNIVERSITY OF GLASGOW, 1ST YEAR STUDENT:

"It saves students a lot of money, I always recommend it to my friends".

UNIVERSITY OF GLASGOW, 2ND YEAR STUDENT:

"Best way to keep fit when not in the city of your current university".

UNIVERSITY OF PLYMOUTH, STAFF MEMBER:

"If you live in a university town outside of term time, it removes the hassle of finding a gym for the summer and, depending on the cost of your gym membership, could save you a lot of money."

NOTTINGHAM TRENT UNIVERSITY, 3RD YEAR STUDENT:

"It's perfect! I can go to the gym both at university during term time and at home during the winter and summer holidays. It's a no-brainer!"