

Steam and Sauna Experts reveal that Saunas are Offered in Over 70% of Leading American Gym Chains

Steam and Sauna Experts study points to a significant increase in saunas across top gym chains in the country

FT. LAUDERDALE, FLORIDA, UNITED STATES, January 3, 2024 /EINPresswire.com/ -- A cool new study looked at the best 20 gyms in the US. Guess what? 70% of them have saunas – those hot, steamy rooms that people love! It's like a VIP treatment for gym-goers.

The study checked out big gym names like F45 Training, LA Fitness, Crunch Fitness, and more. These gyms know what's up! They want people to have more than just a workout – they want them to relax too.

Here's the Scoop:

As per the [study published at NewsBreak](#) by [Steam and Sauna Experts](#), Lots of Gyms Have Saunas: Out of the 20 gyms, 14 of them (that's 70%) have saunas. That's a big deal because saunas are like a mini-vacation after a workout.

Big Names Doing It: Famous gyms like Gold's Gym, 24 Hour Fitness, and Equinox Fitness are all about saunas. It's like a spa day and a workout in one!

Some Gyms Still Thinking: But wait, not all gyms are on board yet. Places like Blink Fitness and Planet Fitness haven't added saunas. Maybe they will in the future!

Why It's Cool:

People love saunas because they make you feel awesome after sweating it out. It's not just about lifting weights; it's about feeling good inside and out. So, if you're picking a gym, one with a sauna might be the way to go!



Brand	Sauna	Locations
YMCA	Yes	2700
Anytime Fitness	No	2418
Planet Fitness	No	2400
Orangetheory Fitness	No	1365
F45 Training	Yes	800
LA Fitness	Yes	571
Snap Fitness	No	538
Crunch Fitness	Yes	435
Curves International	No	367
24 Hour Fitness	Yes	275
Gold's Gym	Yes	245
Lifetime Fitness	Yes	185
EOS Fitness	Yes	120
Equinox Fitness	Yes	108
Blink Fitness	No	103
Youfit	Yes	80
Town Sports Int.	No	65
Edge fitness	Yes	43
Chuze Fitness	Yes	38
John Reed Fitness	Yes	31
Workout Anytime	Yes	180

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Leading Gym Chains With a Sauna

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