

Consumer Behaviour in Fitness Centres: a Typology of Customers

Introduction (purpose)

Knowing your customers and being able to provide what satisfies them is a critical issue for today's service providers, and as the case of today's marketing products. Knowledge of consumer behaviour helps in effective segmentation and in creating successful service offers. However, consumer behaviour varies across industries and is considered to be multi-dimensional (Fridman et al., 1996). Many researchers have investigated the effect of various factors, such as service quality, customer satisfaction, perceived service value, and cost of services on consumer behaviour in different industries including hotels, spas/spas, dry cleaning, athletic services, entertainment, fitness gyms, and health centres (Cross & Taylor, 1992; Ketting et al., 1993; Cross et al., 2000; Hatcher et al., 2001; Hays et al., 2003).

In athletic services, research has focused on service quality and customer satisfaction dimensions and how these affect current and potential behavioural intentions (Pargament et al., 1998; Wehrhaldt & Windig, 1998; Theodorakis & Karageorgis, 1998; Hakan & Cengizler, 2000; Kwon et al., 2001; Karatoprak & Aksoy, 2003). In fitness centres, Papadopoulos et al. (2003) conclude that there is a strong relationship between all service quality dimensions and positive word-of-mouth communications of customers whereas Kwon et al. (2003) find that demographic factors such as gender affect perceived service quality, customer expectations of services, and therefore influence consumer behaviour.

Furthermore, Wang et al. (2004) seek to analyse consumer behaviour in fitness centres and conclude that most customers belong to the 18-35 and 36-45 age categories although mature customers are increasing rapidly. Also, they find that customers tend to be more educated and the % of students is increasing. Major purchase motives for becoming members in a fitness centre include training and staying fit as well as losing weight. Moreover, customers choose fitness centres based on criteria such as cost, quality of environment, facilities, and equipment; group exercise program content, and quality of instructors. Although this study provides some useful insights regarding the way consumers behave in fitness centres, there is a need to analyse further this behaviour. Therefore, the objective of this study is to analyse consumer behaviour in fitness centres. In brief, we aim to study consumers' profile (demographic and psychographic) that motivates the becoming members in a fitness centre, the activities centres they use, their usage behaviour in the fitness centre, the factors that affect their satisfaction with the fitness centre, and their future behavioural intentions regarding the fitness centre.

Methodology

The study is descriptive in nature intending to describe the only consumers' behaviour in a fitness centre. A survey was done based on a structured questionnaire that was personally administered to a purposive sample of 170 respondents from 12 fitness centres that are found in three different cities in Greece. The sample included different types of fitness centres in order to cover the different circumstances. The questionnaire was divided into 4 sections, namely consumer services, collection criteria, factors affecting satisfaction, behaviour in the centre's area, behavioural intentions, demographics & psychographic information. The analysis of the data included descriptive statistics, factor analysis and scores. The only scales used in this prior research are for the factors that affect customer satisfaction (Kwon and Lee, 2003) and the behavioural intentions (Fridman et al., 1996; Theodorakis & Karageorgis, 1998; and Theodorakis et al., 2003).

Consumer Behaviour In Fitness Centres A Typology Of Customers

Lei Huang



Consumer Behaviour In Fitness Centres A Typology Of Customers:

Embracing the Track of Expression: An Mental Symphony within **Consumer Behaviour In Fitness Centres A Typology Of Customers**

In a global consumed by displays and the ceaseless chatter of instantaneous connection, the melodic elegance and psychological symphony produced by the written term often disappear in to the back ground, eclipsed by the persistent sound and distractions that permeate our lives. Nevertheless, situated within the pages of **Consumer Behaviour In Fitness Centres A Typology Of Customers** a stunning fictional prize filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that interesting masterpiece conducts visitors on a psychological journey, well unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of this poignant examination, we will explore the book is central harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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