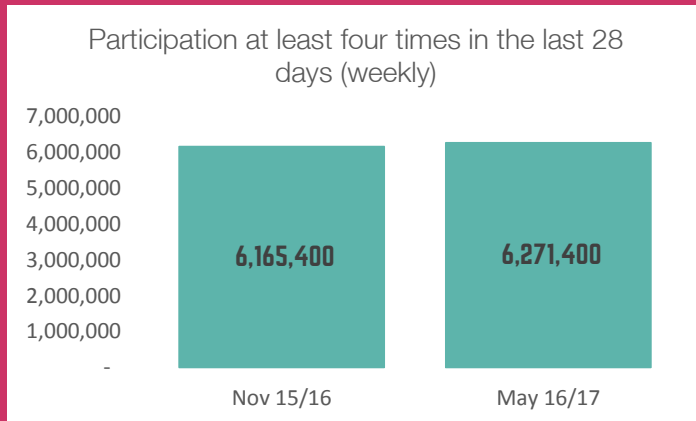


# EXERCISE, MOVEMENT AND DANCE

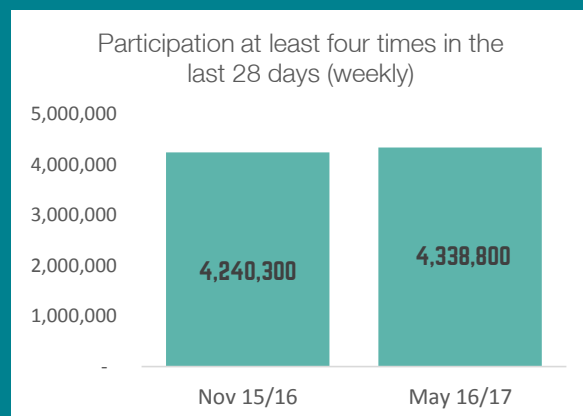
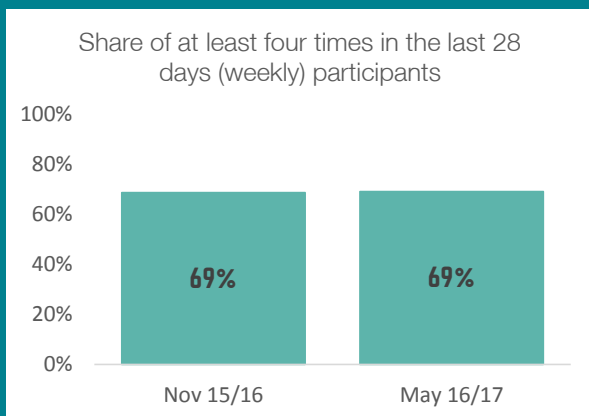
## 6.2 MILLION PEOPLE PARTICIPATED IN GROUP EXERCISE WEEKLY\*

### OVERALL PARTICIPATION

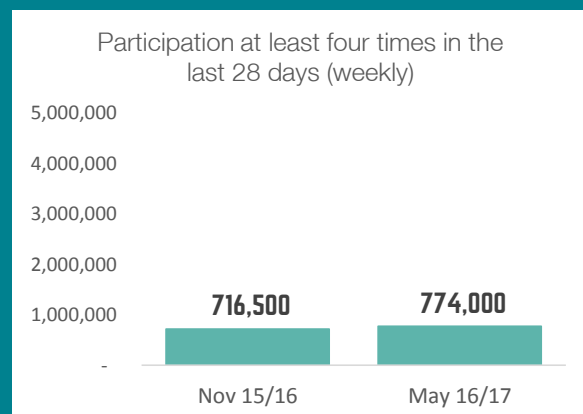
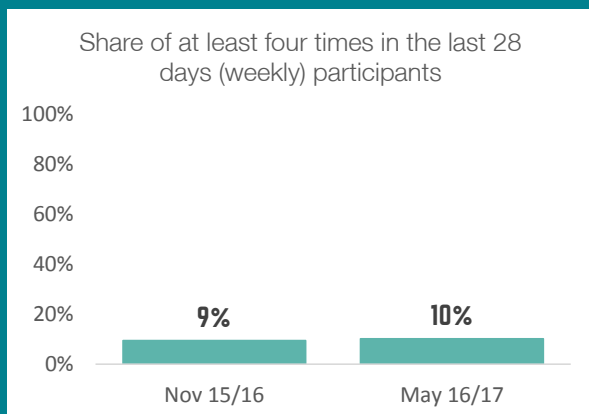


- 6,271,400 people participated in group exercise weekly.
- 7 in 10 (69%) of these participants were women. This is higher than the proportion of women active across all sport and physical activity, which is 49% of participants.
- Around 10% of these weekly participants have a limiting disability. This is lower than the proportion of the population who are disabled (21%) but in line with the proportion of those active across all sport who have a disability (12%).

### WOMEN (PARTICIPANTS WHO ARE FEMALE)



### DISABILITY (PARTICIPANTS WHO HAVE A LIMITING DISABILITY)



\*Group exercise covers fitness classes including circuit training, bootcamp classes etc...

Share of at least four times in the last 28 days (weekly p  
Participation at least four times in the last 28 days (week  
Exercise, Movement and Dance