CityFitness Announcement
Press Release

Timaru's biggest fitness upgrade is almost here

FOR IMMEDIATE RELEASE

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10/08/2026 - Timaru's fitness scene is about to get a significant boost, with a new state-of-the-art gym opening on 7 September, bringing more choice, more space, and some of the latest fitness and recovery experiences to the region.

CityFitness will officially open its brand-new Timaru club on Church Street, marking another milestone in the company's continued investment in making fitness more accessible for New Zealanders.

The purpose-built club has been designed to cater to everyone, from those taking their first steps on their fitness journey to experienced gym-goers looking for premium facilities.

Members will have access to a spacious gym floor filled with modern cardio equipment, selectorised machines, and a large range of free weights.

Premium members will have access to On-Demand Reformer Pilates, and a Deluxe Recovery Room, bringing wellness and recovery experience that have traditionally been difficult to access under one membership.

CityFitness Regional Director of Operation Dean McConville says the new club reflects the growing demand for accessible, high-quality fitness facilities outside New Zealand's main centres.

"Timaru is a thriving community, and we're excited to be investing here. Our goal is to make health and fitness accessible to as many people as possible, while continuing to raise the standard of what members can expect from a gym".

This new club is expected to create local employment opportunities while providing residents with greater access to affordable fitness and recovery facilities.

As CityFitness continues to invest in new and existing clubs across the country, the Timaru opening represents another step towards its mission of making New Zealand the healthiest nation in the world.

Figure 1: Young gym member at CityFitness Newlands Wellington

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More information

You can find more information about CityFitness and membership options on our website: www.cityfitness.co.nz

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Notes to the Editor

CityFitness is New Zealand's largest fitness provider, operating 65+ locations nationwide and serving more than 250,000 kiwis. CityFitness offers accessible, and affordable high-quality fitness experiences through its CityFitness and Simplicity Fitness clubs, supporting members in building strength, confidence, and lifelong wellbeing.