JerseyWeb

FREE PRINTABLE LIST

Gyms and fitness studios in Jersey

11 local businesses and how to choose

Gyms, health clubs, sports centres and studios for Pilates, yoga and CrossFit in Jersey. Each listing links to the business's own website, where you can check classes and membership prices.

JERSEY BUSINESS DIRECTORY

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11 businesses · Listings checked against each business's own website, 2 October 2026 · Live list: jerseyweb.je/directory/gyms/

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Be Pilates
Pilates classes and sessions at a Jersey studio.
Jersey
bepilates.co.uk

Carrefour Health Clubs
Private health clubs in St Lawrence and town with gym equipment, spin studio, classes, sauna and personal coaching.
St Lawrence
clubcarrefour.co.uk

Eve Studios
Women-only fitness studio offering classes for teens, post-natal recovery sessions and menopause-informed training.
St Helier
eve.je

Healthhaus
Fitness facilities and personal training at a Jersey health club.
Jersey
healthhaus.co.uk

Jersey CrossFit
CrossFit gym in town running coached group classes, personal training and sessions for kids and teens.
St Helier
jerseycrossfit.je

Kalimukti Wellbeing Centre
Yoga, Pilates, barre and workshops, with outdoor classes around the island.
St Helier
kalimukti.com

Les Ormes Wellness Studio
Yoga, Pilates, aerial yoga and sound baths at Les Ormes.
St Brelade
lesormesjersey.co.uk

ReformHER
Pilates and fitness services for women in Jersey.
Jersey
reformher.je

Springfield Stadium & Sports Centre
Stadium and sports centre with a gym and fitness classes, and home ground of the Jersey Bulls.

St Helier
active.je
01534 449888

St Clements Golf & Sports Centre
Golf, racket sports and other leisure facilities at St Clement's Sports Hub.

Jersey
stclementssportshub.com

Strive Health Club
Health club and gym with classes, coaching, wellness support and a café.

Jersey
strive.je
01534 288990

Good to know

The Government's Active sports centres

The Government of Jersey runs sports centres under the Active brand, including Les Quennevais and Springfield, with memberships and pay-as-you-go options. The Active gym at Fort Regent closed in May 2023, when a refurbished gym opened at Springfield.

Read the contract before you join

We found no Jersey rules specific to gym memberships, so the contract you sign sets the minimum term and how to cancel. Under the Supply of Goods and Services (Jersey) Law 2009, a service must be carried out with reasonable skill and care, and the Consumer Protection (Unfair Practices) (Jersey) Law 2018 bans unfair commercial practices.

Trading Standards Jersey gives free advice on 01534 448160.

Personal trainers

We found no official register for personal trainers in Jersey, so ask about their qualifications and insurance before you book.

Listings are free and in alphabetical order. Jersey Web is not connected with these businesses unless a listing says so: check details with each business before you book. Guidance checked 14 November 2026.

Run a Jersey business?

Get your business listed free, or let us build you a website: builds from £100 and hosting from £20 a month.

hello@jerseyweb.je · WhatsApp +44 7797 729651 · jerseyweb.je/directory/gyms/