

## **Abstract**

This diploma thesis describes the phenomenon of fitness through the gender perspective. The research took place in the environment of a particular fitness center. The space of the gym and the visitors' behavior were observed through the participating observation and semi-structured interviews. It was explored how a specific activity helps to form the identity of the trainees and how the relationships between them are created. This thesis analysis the rules according to which people behave in the given environment of the gym. It represents the gym as an environment that preserves the dominant concepts of masculinities and femininities on the one hand, but on the other hand visitors of the gym are allowed to disrupt the gender order by non-stereotypical behavior in certain situations. It was found out that attending a fitness center affects and disciplines the lives of trainees outside the gym.