

This work deals with the phenomenon of the 20th and the 21 st century, fitness. The work, among other things, emphasizes the training in fitness centres and focuses on their clients. The main task of it is to describe the prime visitor' s motives for attending fitness centres and the historical and social background of these motives as well. On the basis of them the work tries to describe the characteristics of the visitors themselves. The work is concerned with the group of visitors, who attend the fitness centers especially in their leisure time.