

日本のフィットネスクラブにおける利用目的と集団形成に関する社会学的考察  
**Sociological Inquiry into the Purpose of Use and Group Formation  
in Japanese Fitness Clubs**

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**Key Words**: fitness club, group formation, class, generation, pseudofamily

**Abstract**

This article analyzes the features of Japanese fitness clubs through interviews with instructors and members. It focuses on how members actually use the fitness clubs, and clarify by case studies how the meaning of a “place to do sports” is changing. Originally, fitness clubs existed as a sports space where people could exercise, keep up their health, and build an ideal physique. In reality, however, this space is used for different purposes based on the clients. At certain fitness clubs, communication between members serves a crucial role in addition to exercises such as dancing and swimming, and groups are formed through this communication. When this occurs, factors such as social class and age function strongly, and groups that share common interests or preferences are formed. In addition, there are cases where members and instructors form intimate human relationships, and fitness club groups turn into pseudo-families. In other words, fitness club members bring their likes and tastes secured by social class and desires for familial human relationships into the sports space, and arbitrarily reform the social meaning of that space.

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