

Fitness & Lifestyle Group Selects Workday to Strengthen Multinational Operations

Asia Pacific's Largest Group of Corporately owned Health and Wellness Clubs to use Workday for Healthier, Holistic Systems

SYDNEY, September 09, 2025 - [Workday, Inc.](#) (NASDAQ: WDAY), a leading provider of solutions to help organisations manage their [people](#), [money](#), and [agents](#), today announced that [Fitness & Lifestyle Group](#) (FLG), Asia Pacific's leading health and wellness company, has selected Workday to modernise its people and finance operations. By implementing Workday Financial Management, Workday Human Capital Management (HCM), Workday Payroll and Workday Adaptive Planning, FLG will gain the real-time insights and agility needed to drive sustainable growth across its expanding multinational footprint.

FLG is home to some of the region's best-known brands in health and wellness, including Fitness First Australia, Goodlife Health Clubs, Jetts Fitness in New Zealand and Thailand, Zap Fitness, and Barry's. The group operates more than 330 facilities across Australia, New Zealand, Thailand, and Singapore. As the largest corporate health club operator in the region, it employs more than 6,000 people to help empower its community of over 600,000 members, to live stronger, happier lives. The employee base is only expected to grow as the group continues spreading health across the region.

The group wanted a holistic platform to support expansion and simplify complex operations across multiple brands and regions. FLG selected Workday to unify its systems and build a strong technology foundation for future growth.

With Workday, FLG will:

- **Hire at scale and improve staff engagement.** The group will use Workday to recruit new staff, and onboard and manage their employment for a smoother, end-to-end experience.
- **See clearly across brands and clubs in real-time.** With all brands on the platform, the group will gain detailed visibility of operations to improve efficiency and respond quickly to changes.
- **Gain a single view of people and finance data.** Workday will help support streamlined compliance processes, controls and reporting for complex, multi-national operations.
- **Give time back to the team.** By automating manual tasks, managers can focus on employee engagement and shaping the customer experience, while finance, HR, and payroll teams can scale their efforts to support a growing workforce.
- **Utilise embedded AI, organisation wide.** FLG will have access to [Illuminate](#), the next generation of Workday, to help improve efficiency and re-allocate resources to more strategic tasks.

"At FLG, we believe the heart of our business is our people. As we continue to grow across the region, having a unified, intelligent platform like Workday enables us to simplify complexity, empower our teams, and unlock the full potential of our workforce. This is more than a systems upgrade – it's a strategic investment in our people and our future," said **Greg Oliver, CEO and Managing Director of Fitness & Lifestyle Group**.

"Fitness & Lifestyle Group is focused on delivering a world-class experience for its members and employees, and modernising its technology foundation is key to that vision," said **Jo-Anne Ruhl, Vice President and Managing Director for Australia and New Zealand at Workday**. "By selecting Workday, FLG is ensuring it has the agility, insights, and operational strength to support its rapid expansion, navigate workforce challenges, and meet evolving customer expectations—all while setting a new standard for digital transformation in the fitness industry."

About Fitness & Lifestyle Group

Established in 2016, Fitness & Lifestyle Group (FLG) is Asia Pacific's largest group of corporately owned health and wellness clubs, with 330+ clubs, over 600,000 members and a portfolio of globally recognised brands that includes Fitness First Australia, Goodlife Health Clubs Australia, Jetts Fitness New Zealand and Thailand, Zap Fitness, Barry's and Emily Skye Fit.

Headquartered in Australia and with regional offices in south-east Asia, FLG isn't just about physical fitness. It's about physical, mental and emotional health. FLG's goal is to change lives for the better and, in the process, make an essential contribution to the health, wellbeing and prosperity of society. This is summed up in FLG's simple yet powerful mission: to empower its global community to live stronger, happier lives.

For more information about Fitness & Lifestyle Group, please visit: www.fitlg.com

<https://en-au.newsroom.workday.com/press-releases?item=122856>