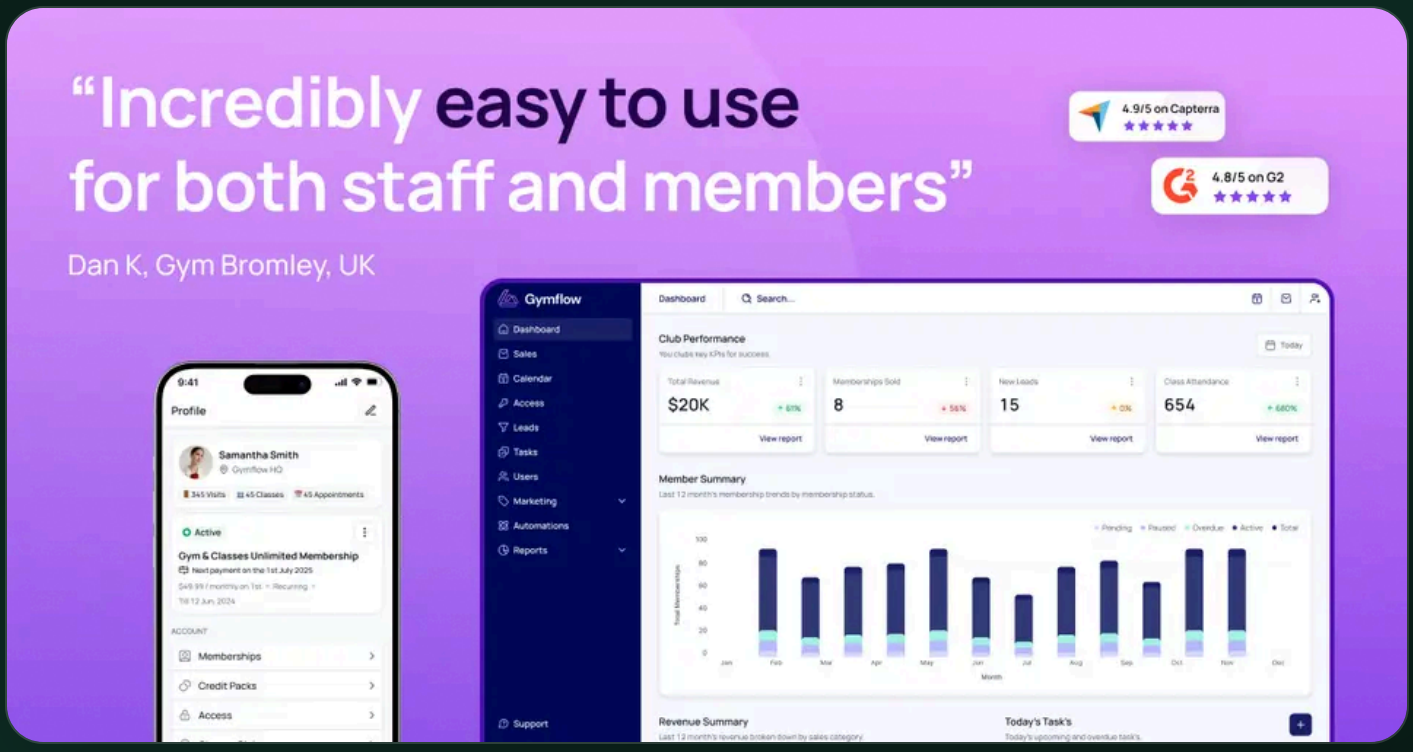
ToolGPA

NOVEMBER 2026

Gymflow

The Insider's Guide

Single-price gym and studio software with access control

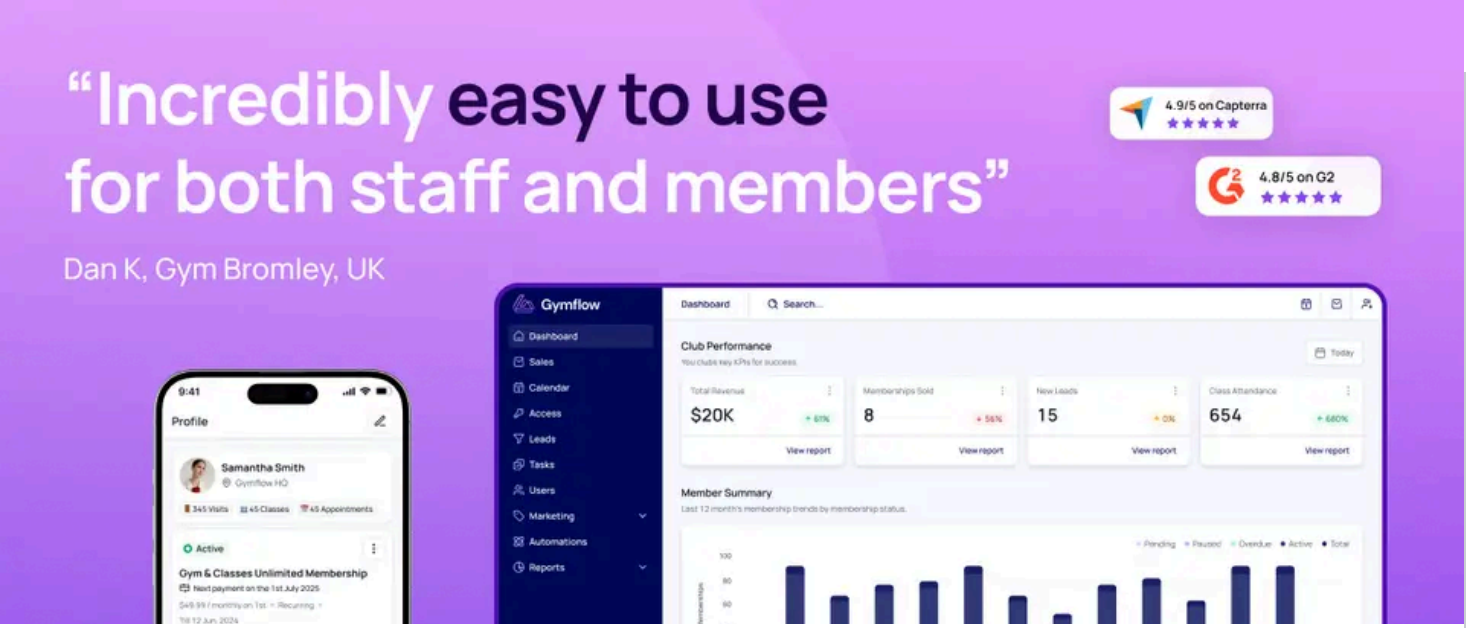


Every plan, grade, refund rule and rival among salon, spa and studio booking apps, read from Gymflow's own pages.

Made by Gymflow · checked Nov 13, 2026 · toolgpa.com

1.8

GPA



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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Gymflow’s own pages, its app-store listings and our grades. Every fact in it is on Gymflow’s page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

1.8

GPA, above 12 of the 85 other salon, spa and studio booking apps we grade

Gymflow is management software for gyms and fitness studios. It covers class and appointment scheduling, memberships with automatic billing, door access integrations, a branded member app and a staff app. The vendor sells one plan with every feature and no user limits.

To get you started, here are **8 things to know about Gymflow**, taken from its own pages and our grades.

> "
>
> **No store rating on record, and billing and access control take setup.**
>
> From our grade for ease of use

1 **Best for gyms that want one flat price**

Gymflow has one plan at $159 a month with unlimited users, every feature and door access integration.

2 **Paid plans start at $159 a month**

As its pricing page puts it: $159 per month, one plan with all features.

3 **It runs on 3 platforms**

Web, iOS and Android.

4 **Class and appointment scheduling**

Sell packages, set team and room availability, and take online bookings through embeddable schedules or booking links.

5 **Memberships and billing**

Online membership sales with automatic subscription payments, retries on failed payments and member self-service for upgrades and pauses.

6 **Door access control**

Access is granted and revoked from membership and booking status, with automatic check-in on arrival.

7 **A 1.8 GPA, above 12 of 85**

That is against the other salon, spa and studio booking apps we grade, on value, the free plan, features, ease of use and platforms.

8 **Keep it**

To replace Gymflow you would be making email sent in volume that still reaches the inbox. That is not a weekend's work, with an AI app builder or without one.

Gymflow at a glance

PRICING Paid, from $159 per month, one plan with all features	FREE PLAN No
FREE TRIAL None stated	RUNS ON Web, iOS, Android
MADE BY Gymflow	CATEGORY Salon, Spa & Studio Booking
OUR GRADE 1.8 GPA, weak	

The report card

Best for gyms that want one flat price

Gymflow has one plan at $159 a month with unlimited users, every feature and door access integration. That's a flat price at the dear end of the category, with no free plan or trial and only 100 texts a month included.

TOOLGPA REPORT CARD	Gymflow	Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	D	$159 a month for the single plan, past the $149 where the dearest tenth of the category begins.
Free plan and trial	F	No free plan or trial; buyers book a demo.
Features	B	Scheduling, memberships and billing, door access, member and staff apps, sales tools and reporting. Nothing in the listing shows a gap in the core job.
Ease of use	C	No store rating on record, and billing and access control take setup.
Platforms and integrations	B	Web plus iOS and Android, with Stripe, Kisi and Zapier links. No computer app.

Grade point average — Weak, out of 4.0 **1.8**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Gymflow is for

- ✓ Fits if you want unlimited staff and members at one price
- ✓ Works for gyms that use Kisi door access and Zapier

Who it is not for

- ✕ Pricey if you run a small studio, as there's no cheaper plan than $159
- ✕ Skip it if you want to try first, as no free plan or trial is listed
- ✕ Watch out: only 100 texts a month are included and the page gives no price for more
- ✕ Watch out: cancelling needs 30 days' notice
- ✕ Watch out: card payments go through Stripe at its own rates

Good to know

Good for

- ✓ 24-hour and unstaffed gyms that tie door access to memberships
- ✓ Multi-location operators wanting one flat price per account
- ✓ Studios that want setup and data migration handled by the vendor

Worth knowing

- ⓘ No free plan or free trial is listed; the page directs buyers to book a demo.
- ⓘ Only 100 SMS a month are included; the page does not state the price of more.
- ⓘ Card payments run through Stripe at Stripe's own rates, which the vendor says it matches with no markup.
- ⓘ Subscriptions cancel with 30 days' notice.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$159

A month to start

Gymflow is a paid product, starting at $159 per month, one plan with all features.

> **No free plan or trial; buyers book a demo.**

From our grade for free plan and trial

GYMFLOW

$159

per month, billed monthly

One plan: unlimited users and staff, every feature, unlimited support and bulk email, 100 SMS a month, access-control and Zapier integrations.

Read from gymflow.io on Nov 13, 2026.

Ways to pay less

OTHER SAVINGS

Pay nothing until March 2027

A banner on the site offers new customers no payments until March 2027, limited to 20 spots on a first-come basis.

Stated on gymflow.io

PART 03 · FEATURES

What it does

Its main features, where it runs, what it works with and who makes it

3

Places it runs: Web, iOS and Android

Single-price gym and studio software with access control. Here is what it does, as its own site describes it, and what it covers: sales pipeline, marketing automation, reports, appointment booking, class booking.

> **Scheduling, memberships and billing, door access, member and staff apps, sales tools and reporting.**
>
> From our grade for features

Class and appointment scheduling

Sell packages, set team and room availability, and take online bookings through embeddable schedules or booking links.

Memberships and billing

Online membership sales with automatic subscription payments, retries on failed payments and member self-service for upgrades and pauses.

Door access control

Access is granted and revoked from membership and booking status, with automatic check-in on arrival.

Member and staff apps

A customizable branded member app, plus a staff app for payments, memberships and schedules.

Sales and marketing

Lead pipelines, promotional codes, trials, tasks, gift vouchers and bulk email and SMS.

Reporting

Real-time reports on revenue, bookings and memberships.

Where it runs

Web iOS Android

What it works with

Stripe Kisi Zapier

Gymflow is made by Gymflow.

Where it stands

Its grades against its category, and whether to keep it or make your own

12/85

Other salon, spa and studio booking apps it is graded above

Gymflow's GPA of 1.8 is higher than 12 of the 85 other salon, spa and studio booking apps we grade, and level with 19.

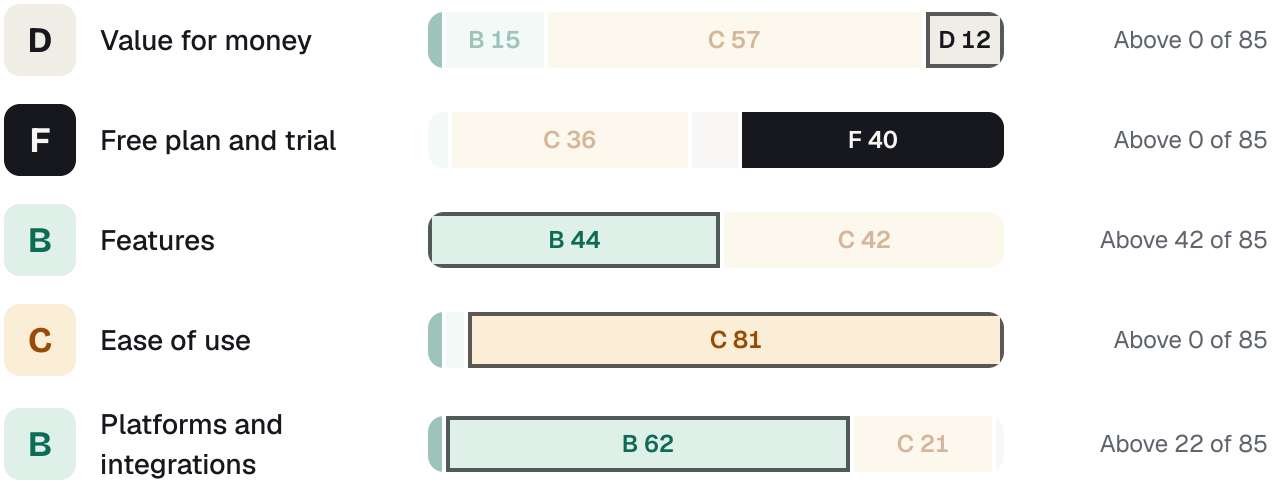
It stands best on features (B, above 42 of 85) and worst on free plan and trial (F, above 0).

Its paid plans start at $159 a month, against a middle price of $49 for the category: 53 of the 57 others that charge start lower.

On features, ease of use and platforms it scores 2.7 out of 4. 6 tools score higher and cost less.

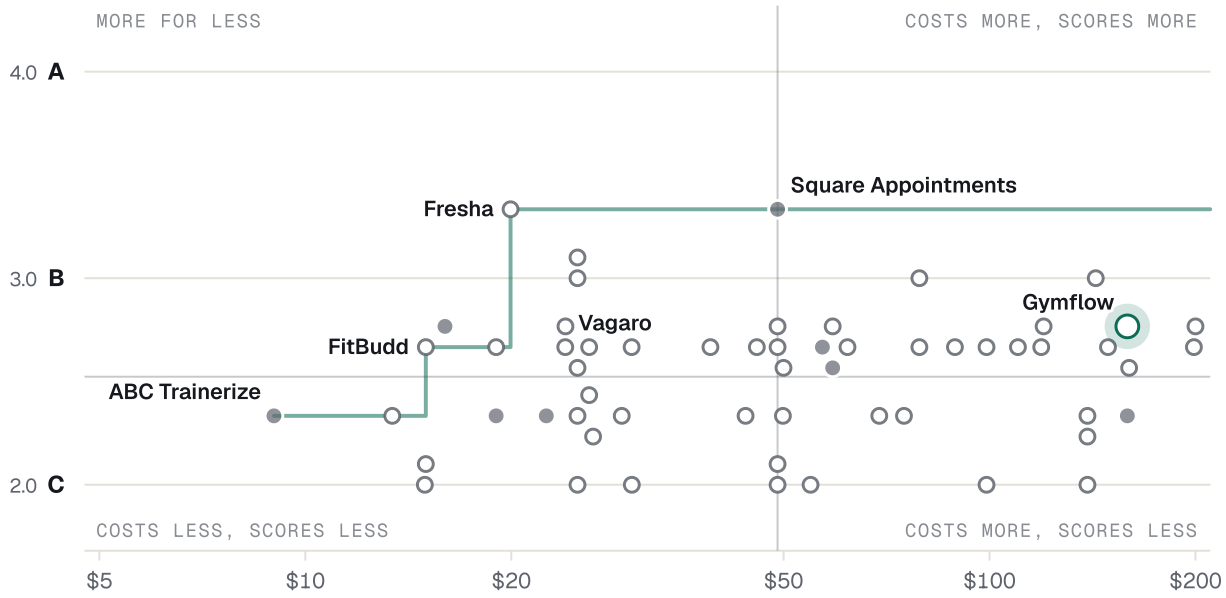
Each grade against the category

Every bar is all 86 salon, spa and studio booking apps we grade, cut by the letter each got. Gymflow's own letter is outlined.



Price against what you get

Each dot is one of 58 salon, spa and studio booking apps. Further left costs less; higher up scores better on features, ease of use and platforms. Gymflow is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

To replace Gymflow you would be making email sent in volume that still reaches the inbox. That is not a weekend's work, with an AI app builder or without one.

That makes this kind of software worth paying for, not this one in particular: 54 of the 85 other salon, spa and studio booking apps grade higher. It costs $1,908 a year.

What you could make

- Class booking, appointment booking, reports and sales pipeline: an app builder makes these well.

What you could not

- Email sent in volume that still reaches the inbox.
- A real app for iOS and Android. Something home-made would be a web page.
- The depth: we grade its features B, which means it covers the whole job.

What this rests on. Gymflow's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



WodBoard, Gymdesk, PushPress, Zen Planner and Glofox

The 5 tools Gymflow is most often weighed against, with where each one differs from it.

2.4 GPA

WodBoard

Free trial · from $110/mo

Gym management with workout programming for CrossFit-style gyms.

- Gymflow also covers sales pipeline.

Gymflow and WodBoard compared in full

2.2 GPA

Gymdesk

Free trial · from $75/mo

Membership, billing and booking software for gyms and studios.

- Gymflow also covers sales pipeline, marketing automation and appointment booking.
- Gymdesk also covers invoicing, email campaigns and sMS marketing.

Gymflow and Gymdesk compared in full



2.4
GPA

PushPress

Free plan · from $159/mo

Gym management for CrossFit, martial arts and training gyms.

- PushPress has a free plan. Gymflow does not.
- Gymflow also covers sales pipeline and reports.
- PushPress also covers forms.

Gymflow and PushPress compared in full



1.6
GPA

Zen Planner

From $99/mo

Membership, scheduling and billing software for gyms and studios.

- Only Gymflow lists iOS and Android apps.
- Gymflow also covers sales pipeline, marketing automation and appointment booking.
- Zen Planner also covers sMS marketing.

Gymflow and Zen Planner compared in full



2.0
GPA

Glofox

Paid

Gym and studio management with a branded member app.

- Gymflow also covers sales pipeline and reports.
- Glofox also covers email campaigns and AI support agent.

Gymflow and Glofox compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

13

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Gymflow free?

No. Gymflow is a paid product, starting at $159 per month, one plan with all features.

How much does Gymflow cost?

Gymflow lists one plan. Gymflow: $159 per month, billed monthly.

What platforms does Gymflow work on?

Gymflow is available on Web, iOS and Android.

Does Gymflow offer any discounts?

Gymflow publicly lists the following: Pay nothing until March 2027.

Does Gymflow have a Windows app?

No Windows app was listed when its pages were read on Nov 13, 2026. Gymflow is listed for Web, iOS and Android.

Does Gymflow have a macOS app?

No macOS app was listed when its pages were read on Nov 13, 2026. Gymflow is listed for Web, iOS and Android.

Is Gymflow open source?

Gymflow is not described as open source on its own site, as read on Nov 13, 2026.

What does Gymflow integrate with?

Gymflow's listing names Stripe, Kisi and Zapier. A listing names up to eight integrations, so it may connect to more.

Who makes Gymflow?

Gymflow is made by a company of the same name.

What are the alternatives to Gymflow?

The closest alternatives to Gymflow in our directory are WodBoard, Gymdesk, PushPress, Zen Planner and Glofox.

How does Gymflow compare with other salon, spa and studio booking apps?

Gymflow's GPA of 1.8 is higher than 12 of the 85 other salon, spa and studio booking apps we grade, and level with 19.

Is Gymflow good value for money?

ToolGPA grades Gymflow D for value for money. Its paid plans start at $159 a month, against a middle price of $49 for the category: 53 of the 57 others that charge start lower.

Could I make my own version of Gymflow?

To replace Gymflow you would be making email sent in volume that still reaches the inbox.

Where this guide comes from

The prices, plans, platforms and features were read from Gymflow's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Gymflow's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Gymflow. Prices change, so check gymflow.io before you buy.

gymflow.io/

gymflow.io/pricing

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Gymflow, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/gymflow

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Gymflow: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/gymflow
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Know someone choosing between salon, spa and studio booking apps?

Send them this guide:
toolgpa.com/tools/gymflow/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded salon, spa and studio booking apps after Gymflow, each with an Insider's Guide of its own.

Salon, Spa & Studio Booking Insider's Guide

Every one of the 86 salon, spa and studio booking apps we grade, compared

Square Appointments Insider's Guide

Booking, point of sale and payments for appointment businesses

3.2 GPA

Fresha Insider's Guide

Salon and spa booking with a consumer marketplace for new clients

3.0 GPA

Barberly Insider's Guide

Barbershop booking software with a branded mobile app

2.8 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Gymflow's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Gymflow is a trademark of its owner, and this guide is not made, paid for or approved by Gymflow. Prices and plans change: check gymflow.io before you buy.