Mobility as an interdisciplinary concept has a different meaning in different fields of knowledge. Mobility is important direction of research in demography and economy, particularly its spatial type. Conceptual and terminological basis for the study of spatial mobility is not enough developed in the national scientific literature. The definition of the term “mobility” and its theoretical essence in the article is devoted. Mobility can be considered as the ability and willingness; movement, move, adapt, modify; fact, cause, result. Mobility can take different types, depending on the field of knowledge in which it is investigated. Subjects, method of implementation, temporal and spatial dimensions, motives, needs, implementation and consequences could be classification features to determining the types of mobility. The goal is the main classification criteria. There are some types of mobility according to the goal as the economic, business, social, labour, educational and cultural. Economic mobility reflects the ability to mobilize factors of production in space and time. Business mobility means its ability to adapt to new conditions; possibility of spatial movement through diversification of production, access to new markets, corporate migration. Social mobility reflects social movement of people towards social positions. Educational mobility involves academic and scientific mobility and includes not only the movement of students, scientific and pedagogical staff, but also access to information resources with the formation of single educational space. Spatial mobility deserves special attention and reflects the willingness of the population to change location to a certain distance and time. This concept is not enough studied in national science, therefore in the conclusions of the article was defined that it will be subject of further research by the author.