

What is KBM Bootcamp?

KBM Bootcamp offers a full body workout program at your pace! You and your friends train together with our staff to work on your goals:

- Muscle Building
- Weight Loss
- Strength
- Cardio
- Core

Have fun, meet new people, and get fit through a variety of Bootcamp options!



Bootcamp Services

Our bootcamp is proud to include a variety of services that you cannot find elsewhere!

- **1st Session is FREE**
- Free Initial Fitness Assessment
- On-Line Fitness Journal
- Multiple Trainer Options
- Multiple Times and Dates
- Variety of Locations
- And Much, Much More!

The Right Bootcamp for YOU!

In addition to offering a generalized bootcamp for everyone, KBM presents bootcamps with specific focuses. No matter whether you are training to make the varsity team or a new mom looking to get active, we have a bootcamp focus that is right for you.

- Athlete/Team Training
- Bootcamp for Kids
- Bootcamp for Moms
- Ladies Only Training
- Corporate Bootcamp
- Create Your Own!

Package Options

Working with a limited budget? We offer many different options that will allow you to choose what type of bootcamp you would like, and what is within your price range.

All package options include the number of times per week for a **4 week period**. Sign up for another package after your first 4 weeks and obtain the **Returning Client price!**

- 4x/week = \$235 New \$200 Returning
- 3x/week = \$175 New \$150 Returning
- 2x/week = \$120 New \$100 Returning
- 1x/week = \$60 New, \$50 Returning
- Drop-In Sessions = \$15/session

Boot Camp Schedule

We offer a variety of times and locations that allow you to find what works best around your daily schedule.

Monday:

6:00-6:50 AM @ KBM with JEREMY

6:00-7:00 PM @ KBM with KATIE

Wednesday:

6:00-6:50 AM @ KBM with JEREMY

6:00-7:00 PM @ KBM with KATIE

Friday:

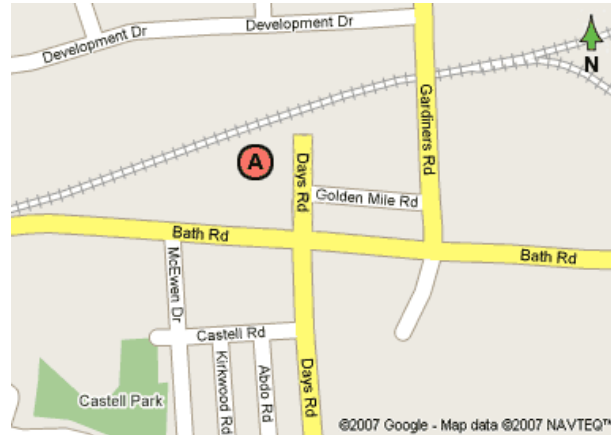
6:00-6:50 AM @ KBM with JEREMY



For more information or to sign up for a Bootcamp package, e-mail Kait at kait@kingstonbody.com

Services at KBM

- Fitness Assessments & Personal Training
- Weight Loss programs
- Nutritional Counseling
- Massage Therapy
- Physiotherapy
- Healthy Living, Wellness & High Performance
- Workshops / Seminars
- Blood Pressure / Body Composition Testing
- Exercise Equipment Consulting
- Ergonomic Consulting
- Sport Specific & High Performance Programs for individuals and teams
- Running / Endurance Consulting
- Sports Equipment Sales: Balls, Bands, Bosu, Balance Trainers, and everything you need to get fit at home or on the road.



541 Days Road, Unit #6 Kingston, ON K7M 3R8

Facilities & Equipment:

Our 5,400 sq. ft. centre is wheelchair accessible, includes shower facilities and free parking. We have a full line of equipment including: Treadmill, Elliptical, Rower, Bikes, Selector Machines, Free weights, Dumbbells, Swiss Balls, Medicine Balls, and much more.



KBM Bootcamp



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