

What is Kingston Body Management?

KBM is a multipurpose fitness facility unlike anything else in Kingston. We work one-on-one and in small groups with clients. Our multidisciplinary approach to optimize client health and wellness provides a one stop shop for clients with different needs.



Our Team

Our team of health and fitness professionals includes the following services:

- Kinesiology / Exercise Therapy
- Personal Training
- Massage Therapy
- Occupational Therapy
- Athletic Therapy
- Nutritional Consultation
- Physiotherapy
- Ergonomics

Personal Training & Exercise Therapy

We are dedicated to providing a comprehensive exercise program that motivates people of all ages and abilities. Because we view each client as a unique individual, we create an innovative personal program for every person. As professional personal trainers, we have the expertise necessary to implement and monitor quality fitness programs. Our further credentials as Certified Kinesiologists enable us to work with special populations including injury rehabilitation.



Home Visits

Do you have your own weight gym or your own place to work out? Let us come in and develop a program with the equipment you will be using.

Packages

Our packages offer the benefits of continual program changes to assist in muscular and mechanical adaptations. Your program will be fun and will allow you to reach your goals quickly and efficiently.

Gold Package

- Initial assessment
- 24 Personal Training Sessions
- Training Period of 6 months

Silver Package

- Initial Assessment
- 12 Personal Training Sessions
- Training Period of 3 months

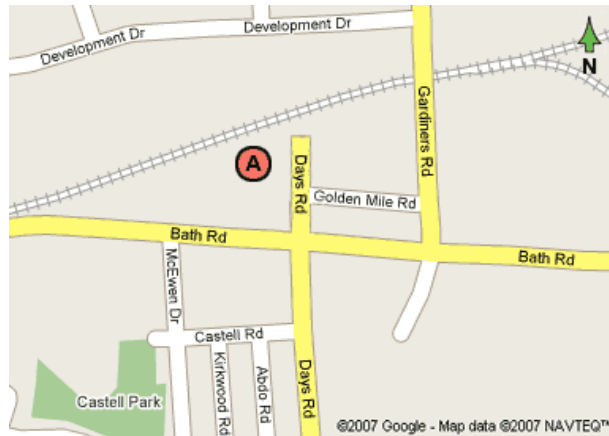
Bronze Package

- Initial Assessment
- 8 Personal Training Sessions
- Training Period of 2 months



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.



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: Treadmills, Ellipticals, Rower, Bikes, Selector Machines, Free weights, Dumbbells, Swiss Balls, Medicine Balls, and much more.

Personal Training



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