

KBM Pilates

KBM welcomes back our group Pilates classes! Lead by certified Pilates instructor Sherry Corneil, we offer a Pilates class that focuses on breathing, posture, gaining body awareness and core strength. Have fun, meet new people, and get fit and healthy!



Class Schedule

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

Monday evenings from 7:00-8:00pm

Thursday evenings from 7:00-8:00pm

Package Options

Working with a limited budget? We offer different options that will allow you to choose the number of classes you would like to attend per week, and what is within your price range. Choose from:

- ❖ Drop-In → pay per class
- ❖ 12 Class Any Time Package
- ❖ Fall Session Pack – 20 classes running from Oct 19-Dec 17
- ❖ Winter Session Pack – 34 classes running January-April

FIRST SESSION IS ALWAYS FREE!

So don't be afraid to give it a try!



Pilates Services



Call our clinic at 613.389.2350 for more information regarding:

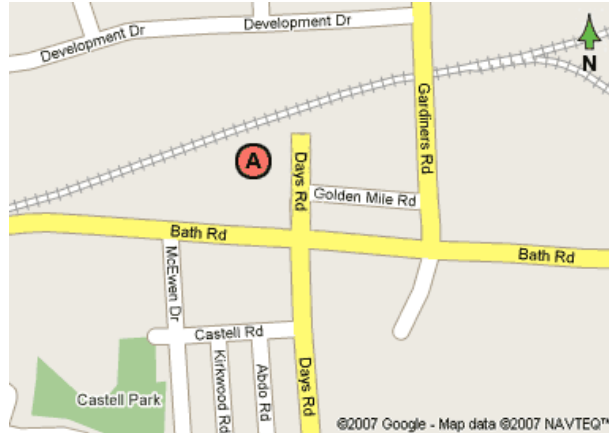
- ❖ **Referral Rewards Program**
- ❖ **Pilates Registration**
- ❖ **Package Deals**

Clinic is open from 8:30AM to 8:30PM Monday-Thursday and Fridays from 8:30AM to 5:30 PM. For more details on Pilates and other services, you may also visit our website:

www.kingstonbody.com

Services at KBM

- Fitness Assessments & Personal Training
- Weight Loss programs
- KBM Bootcamps
- 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.

Pilates



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