

Kinetic Performance Training - Oak Ridge

oak ridge

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oak ridge

Kinetic Performance Training - Oak Ridge

Discover Kinetic Performance Training in Oak Ridge, Tennessee

Kinetic Performance Training (KPT) is not just another fitness center; it's a community dedicated to transforming lives through fitness. Located in the heart of Oak Ridge, TN, KPT offers an array of **on-site services** tailored to meet the needs of every individual, whether you are a seasoned athlete or just beginning your fitness journey.

Exceptional On-Site Services

At KPT, you will find an impressive range of **service options** that include group fitness classes, personal training, and specialized programs for young athletes. The trainers focus on creating a supportive environment where everyone works at their own level and pace. Many members have expressed how much they appreciate the personalized attention they receive, which helps them stay motivated and accountable. The atmosphere is encouraging, making it a perfect spot for both beginners and experienced gym-goers.

Online Classes for Convenience

For those who prefer to work out from home, KPT also provides **online classes**. This flexibility allows you to maintain your fitness routine no matter where you are, ensuring you can fit workouts into your busy schedule.

Accessibility for Everyone

KPT is committed to being an inclusive space, featuring a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. This ensures that everyone has the opportunity to participate in the various programs offered, regardless of physical limitations.

Community and Cleanliness

Members frequently highlight the cleanliness of the facility, noting that KPT is one of the cleanest gyms they have ever visited. The staff takes pride in maintaining a spotless environment, cleaning after each workout session. This dedication not only creates a pleasant atmosphere but also emphasizes the importance of health and hygiene for the community.

A Family-Friendly Environment

KPT is not just for adults; it also provides a welcoming space for children. Many parents have shared their excitement about the programs available for kids, which help them grow physically and mentally. The positive feedback from families highlights how KPT can be a fun and productive space for younger members as well.

Join the Kinetic Performance Training Community

Kinetic Performance Training in Oak Ridge, TN, is more than just a gym; it's a place where you can forge lifelong friendships while working towards your health goals. With a mix of challenging workouts, supportive trainers, and a friendly community, KPT is ready to help you take your fitness journey to the next level. Whether you choose to attend **on-site services** or participate in **online classes**, you'll find a welcoming atmosphere that values your progress and success. Visit Kinetic Performance Training today and experience the difference for yourself!

Our business is at

142 Fairbanks Rd #100, 37830 Oak Ridge, Tennessee - United States (US)

The phone number of the respective **Fitness center** is +1865-272-3722

And if you want to send a WhatsApp, you can do so at +1865-272-3722

We are open during the following hours:

Day Hours
Monday

5?AM–7?PM

Tuesday

5?AM–7?PM

Wednesday

5?AM–7?PM

Thursday

5?AM–7?PM

Friday

5?AM–7?PM

Saturday

6?AM–12?PM

Sunday

12–5?PM

The website is Kinetic Performance Training

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Images



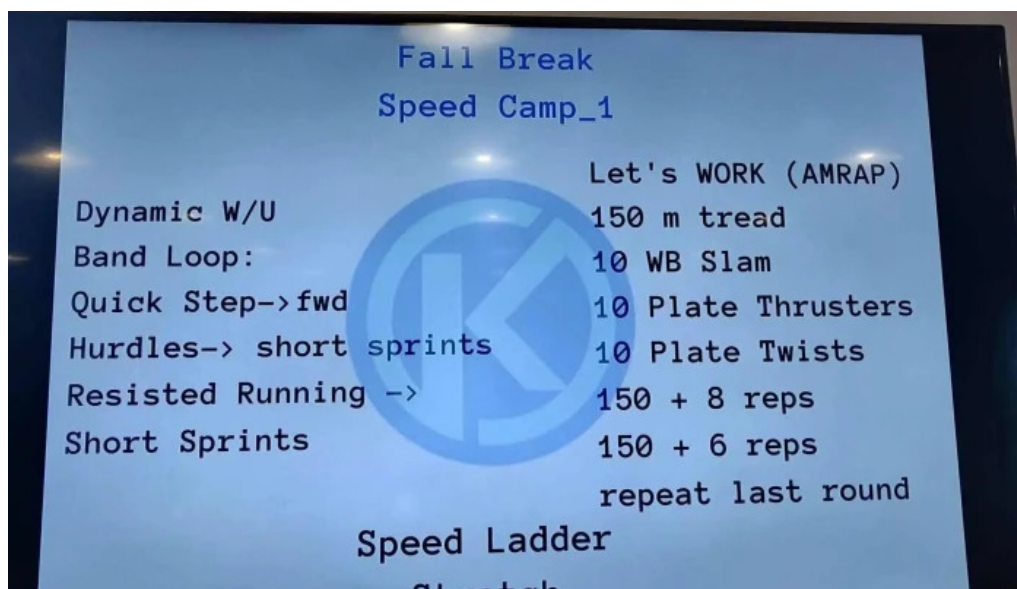
Kinetic performance training videos



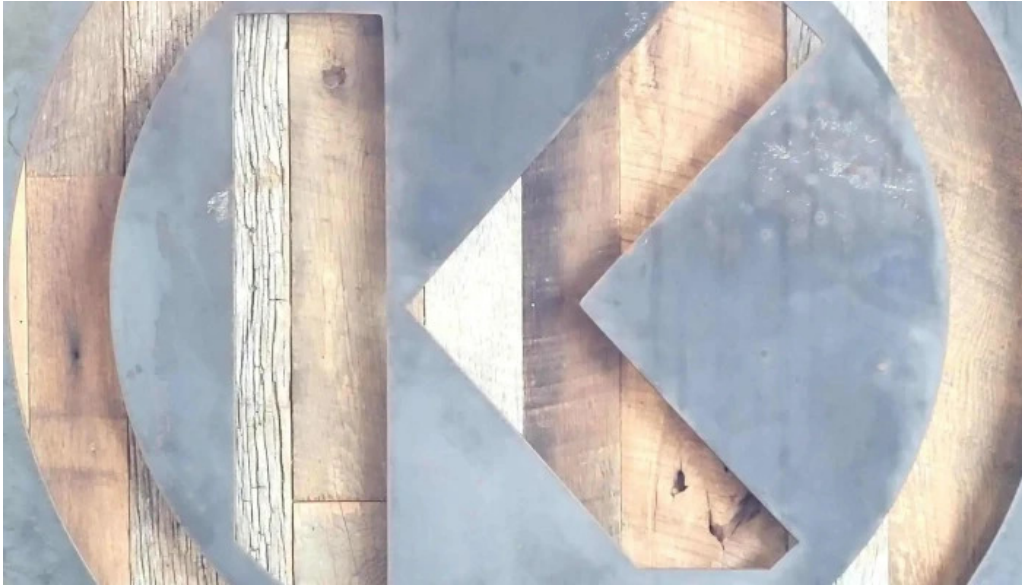
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Kinetic performance training schedule



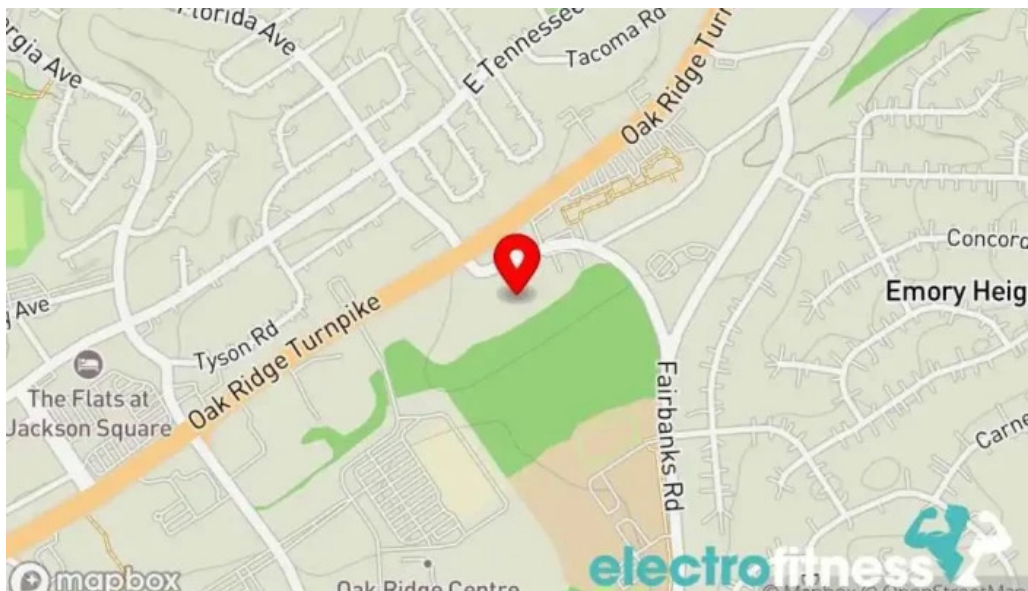
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Kinetic performance training fitness center



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Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility, Online classes, On-site services, Service options

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dance club
dance company
dance school
day spa
department store
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dollar store
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exercise equipment store
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kinesiotherapist
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