

Kes Fitness - Oakland

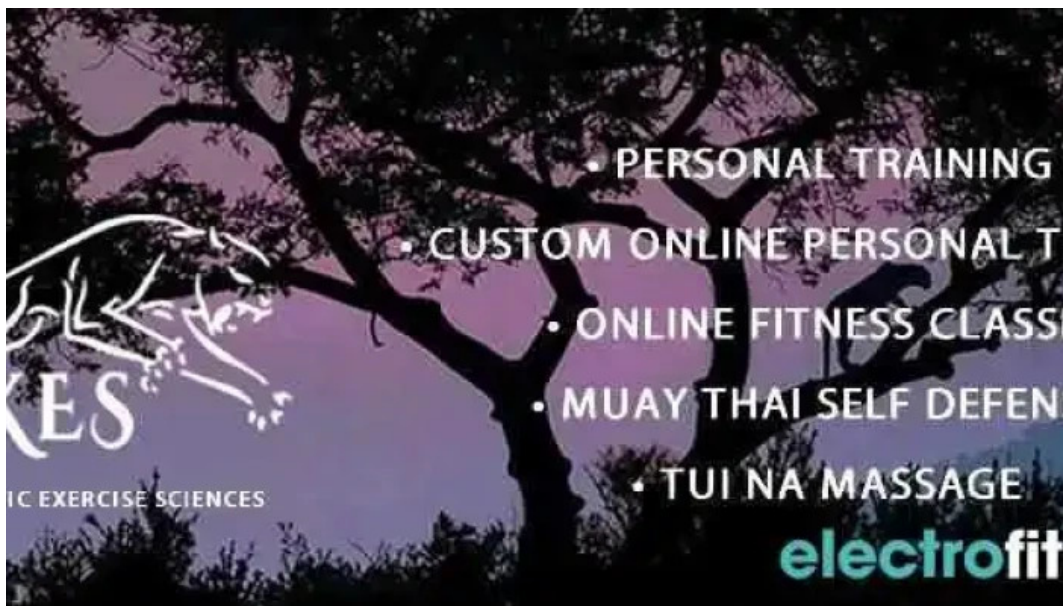
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Kes Fitness - Oakland

Discover KES Fitness: Your Personal Trainer in Oakland, California

KES Fitness is more than just a gym; it's a transformative experience for individuals seeking a personalized fitness journey. Located in the heart of Oakland, California, this Black-owned business offers an array of ****amenities**** designed to cater to diverse fitness needs.

From the Business

At KES Fitness, the mission is clear: to foster mental and physical wellness through dedicated training. Clients rave about their experiences, emphasizing

how personal training and group fitness classes have changed their lives. Whether you're beginning your fitness journey like many clients' children or looking to regain strength and flexibility, KES Fitness provides a supportive environment.

Service Options

The gym offers a variety of ****service options**** that cater to both individual needs and group dynamics. Online classes have become increasingly popular, especially during the pandemic, allowing members to train from the comfort of their homes. The personal trainer, Kewesi, is known for his exceptional ability to tailor workouts to meet the unique goals and abilities of each client.

Planning Your Fitness Journey

Planning is key at KES Fitness. Potential clients are encouraged to make ****appointments recommended**** to ensure they receive the focused attention needed for their growth. With a strong focus on ****on-site services****, you'll find an environment that promotes both safety and community.

An Inclusive Environment

KES Fitness proudly identifies as ****LGBTQ+ friendly****, ensuring that everyone feels welcome and supported in their fitness journey. The gym features ****gender-neutral toilets****, further promoting a respectful and inclusive atmosphere for all members.

The Crowd and Training Style

The ****crowd**** at KES Fitness is diverse, with individuals from various backgrounds coming together to pursue their fitness goals. Kewesi's training style is noted for being strict yet compassionate. He motivates clients to push beyond their limits while ensuring their safety and well-being, creating a dynamic where everyone can thrive.

Testimonials and Success Stories

Clients have shared heartfelt testimonials about their experiences with Kewesi and KES Fitness. Many highlight the journey from injury recovery to personal empowerment, emphasizing improvements in strength, balance, and overall well-being. These stories reflect the dedication to understanding the unique needs of each individual.

Why Choose KES Fitness?

Choosing KES Fitness means investing in a ****no-nonsense gym**** that prioritizes genuine connections and results. It may not be fancy, but the dedication of the trainers ensures that you will achieve your fitness goals. Join a community where every client is treated with respect and encouragement. In conclusion, if you're ready to embark on a life-changing fitness journey, KES

Fitness in Oakland, California, is the perfect place to start. With a focus on inclusivity and personalized training, your path to wellness awaits!

We are established at

2600 West St, 94612 Oakland, California - United States (US)

The phone of the mentioned **Personal trainer** is +1510-467-5836

And if you want to send a WhatsApp, you can do so at +1510-467-5836

Visit us during the following hours:

Day	Hours
Monday	6?AM–9?PM
Tuesday	6?AM–9?PM
Wednesday	6?AM–9?PM
Thursday	6?AM–7?PM
Friday	10?AM–5?PM
Saturday	Closed
Sunday	6?AM–9?PM

The website is KES Fitness

If you need to modify any data that you consider is not accurate related to this web, we urge you to forward a message so that we will adjust it as soon as possible. In advance thanks.

Images



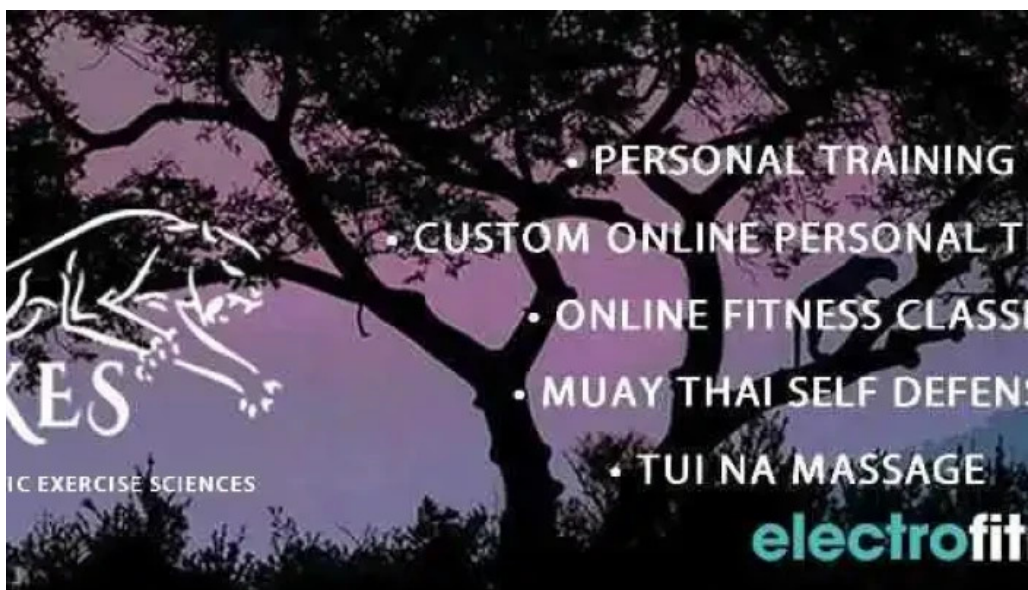
Kes fitness training



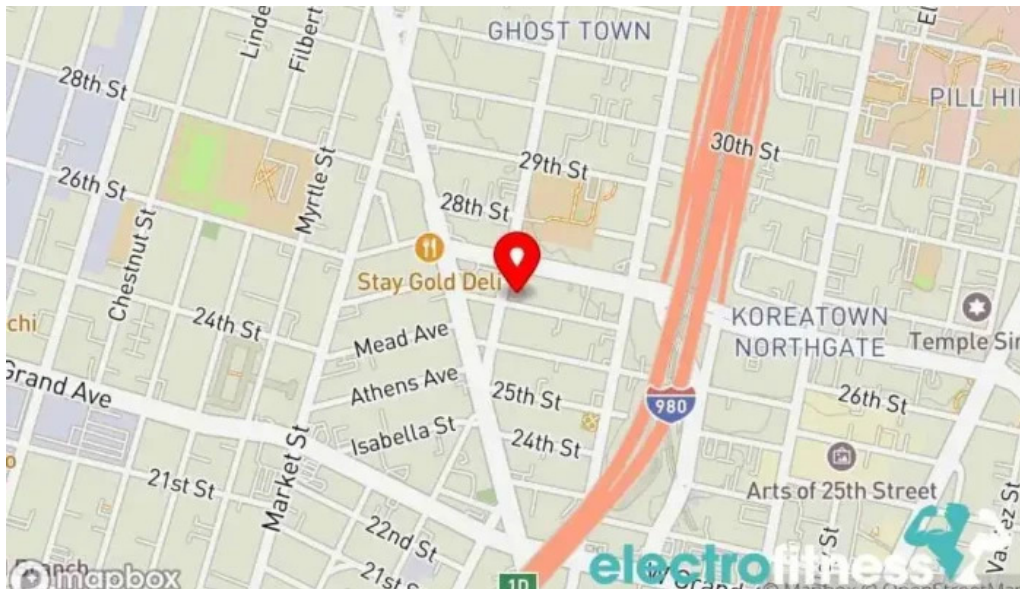
Kes fitness street view 360deg



Kes fitness physical fitness



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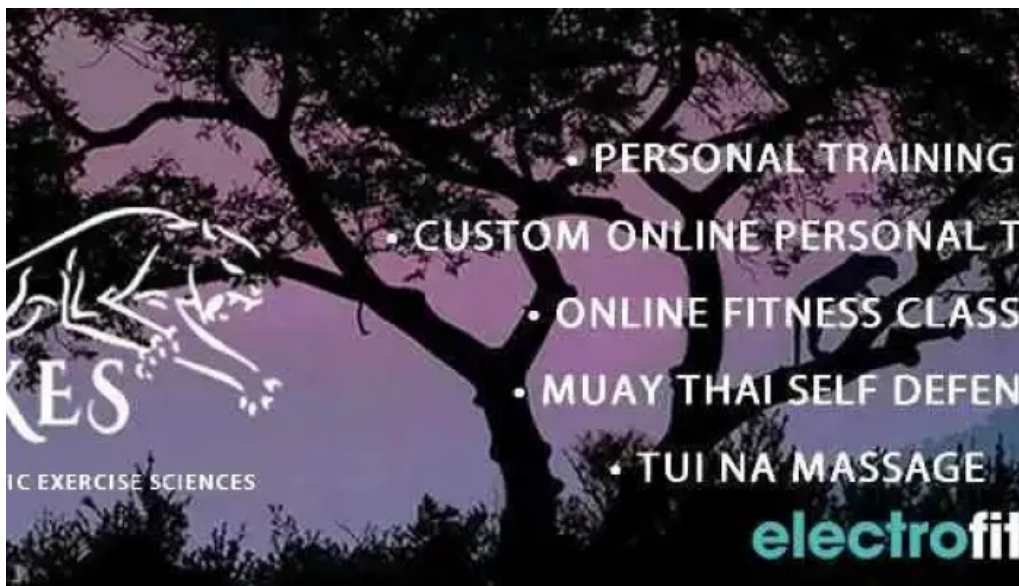
Kes fitness map



Kes fitness gym



Kes fitness by owner



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Tags

Gender-neutral toilets, Online classes, Service options, On-site services, Toilet, Identifies as Black-owned, Planning, Crowd, From the business, Amenities, Appointments recommended, LGBTQ+ friendly

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