

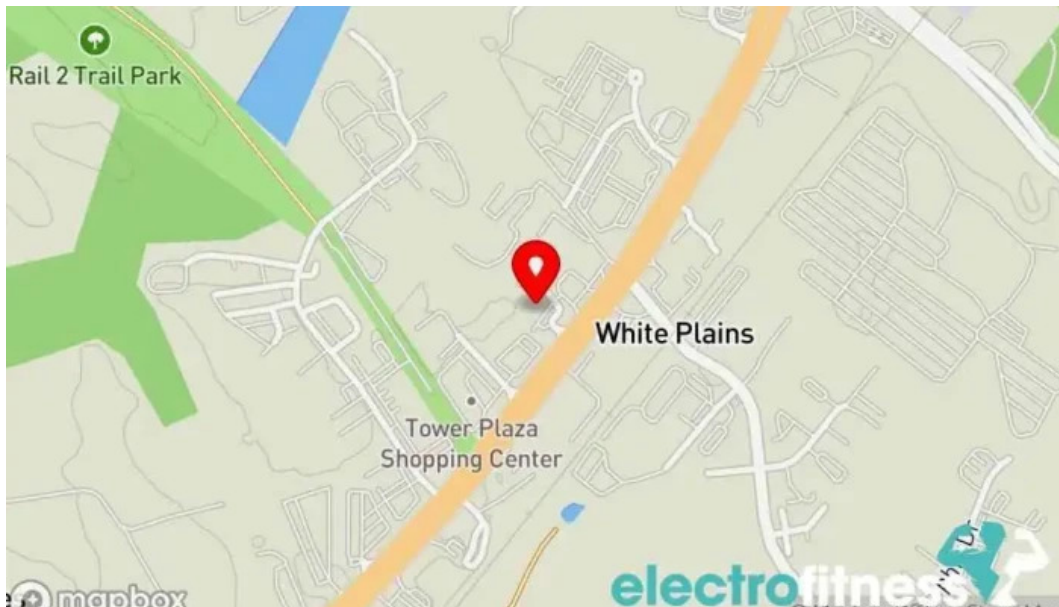
Kinetic Performance Fitness - White Plains

white plains



Published on: 26/03/25	Hits: 27
Comments: 0	See comments
Votes: 3	Score: 5

https://www.electrofitness.com/gym/white-plains/kinetic-performance-fitness-white-plains_174755.php



white plains

Kinetic Performance Fitness - White Plains

Discover Kinetic Performance Fitness in White Plains, Maryland

Kinetic Performance Fitness is not just a gym; it's a community that fosters growth, support, and accessibility for everyone. Located in the heart of White Plains, this gym has gained an outstanding reputation for its welcoming atmosphere and tailored fitness programs.

Wheelchair-Accessible Car Park

Accessibility is a key aspect of Kinetic Performance Fitness. With a ****wheelchair-accessible car park****, members can enjoy a hassle-free

experience as they arrive at the gym. This thoughtful feature ensures that individuals with mobility challenges can easily access all the amenities the gym has to offer.

A Variety of Amenities

Kinetic Performance Fitness takes pride in offering a range of ****amenities**** designed to enhance your workout experience. From state-of-the-art equipment to spacious workout areas, the gym caters to fitness enthusiasts of all levels. Members enjoy a comfortable, non-intimidating environment that makes everyone feel at home.

Wi-Fi for Connected Workouts

In today's digital age, staying connected is essential. Kinetic Performance Fitness provides ****Wi-Fi**** throughout the facility, allowing members to track their workouts, access online resources, or listen to music while exercising. This feature adds an extra layer of convenience, making it easier for members to stay engaged in their fitness journey.

Personalized Coaching and Support

Pat and his team at Kinetic Performance Fitness are dedicated to helping you achieve your fitness goals. After an initial assessment, each member receives a customized program designed specifically for their needs. Whether you're a high school athlete or someone looking to regain strength after surgery, the knowledgeable coaches are there to support you every step of the way.

A Community-Oriented Atmosphere

One of the standout features of Kinetic Performance Fitness is its community-oriented atmosphere. Many members report a sense of belonging and support from fellow gym-goers. Coaches foster a positive environment where everyone is encouraged to push their limits and celebrate their achievements. As one member shared, "I never thought I'd get my strength or confidence back, but KP gave that to me."

Transform Your Life at Kinetic Performance Fitness

If you're seeking a gym that prioritizes accessibility, support, and personal growth, look no further than Kinetic Performance Fitness in White Plains, Maryland. With a focus on individual goals and a welcoming community, this gym is truly the best choice for anyone looking to invest in their health and well-being. Check them out—you won't regret it!

We are positioned at

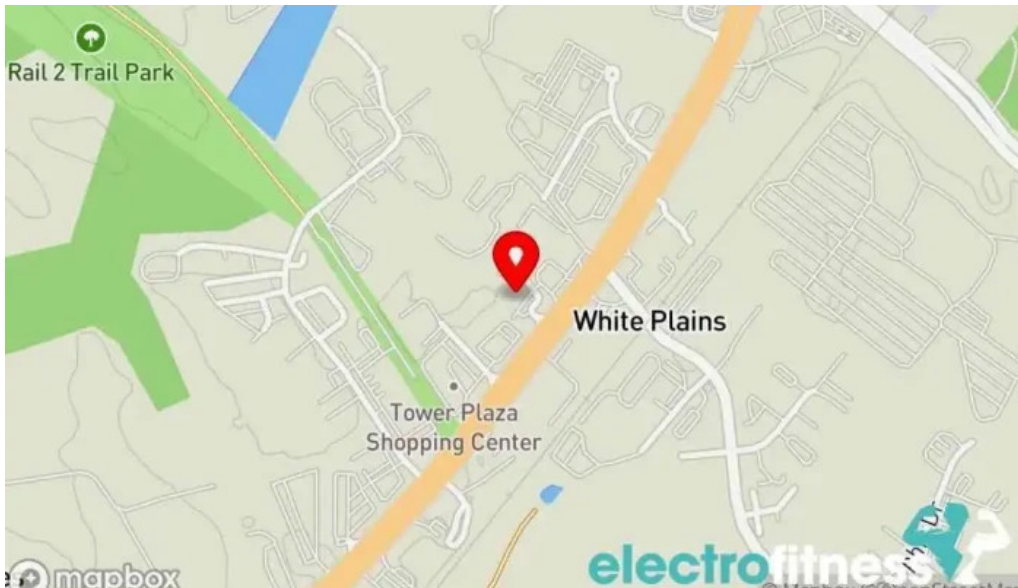
4445-B Crain Hwy, 20695 White Plains, Maryland - United States (US)

The contact phone of the respective **Gym** is +1240-448-5538

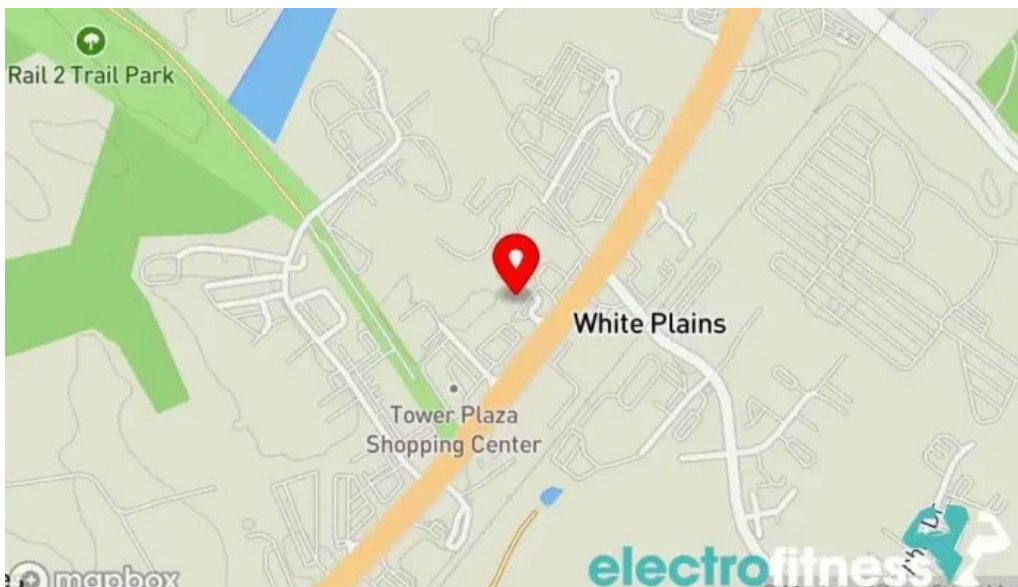
And if you want to send a WhatsApp, you can do so at [+1240-448-5538](https://www.whatsapp.com/send?phone=12404485538)

If you wish to change any data that you consider is not precise concerning this page, we urge you to forward a message and we will correct it promptly. Thank you in advance thanks for your cooperation.

Images



Kinetic performance fitness white plains



Kinetic performance fitness map

Tags

Wi-Fi, Amenities, Accessibility, Wheelchair-accessible car park

Related content

5.0 *	<i>Inspired Performance Fitness Studio - Lafayette</i>
4.6 *	<i>Avera Human Performance Center — Aberdeen - Aberdeen</i>
5.0 *	<i>Body Worx Physical Therapy & Performance - Abilene</i>
5.0 *	<i>Rhino Performance Center - Valparaiso</i>
5.0 *	<i>Elevate Performance and Fitness - Abilene</i>
4.9 *	<i>Carolina Barbell Strength & Performance Gym - Aberdeen</i>
5.0 *	<i>Revive Performance Training - Youngsville</i>
4.4 *	<i>Alpha Performance & Nutrition - United States</i>
5.0 *	<i>Excel Strength and Performance - Lafayette</i>
4.9 *	<i>The Iron Way: Fitness and Performance - Rockland</i>

Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
dance school
dollar store
elementary school
exercise equipment store
fitness center

golf club
grocery store
gym
gymnastics center
hair salon
health consultant
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate school
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
non-profit organization
park
personal trainer
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program

yoga studio