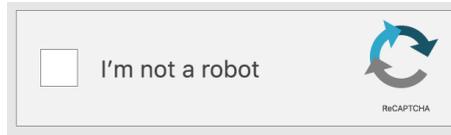


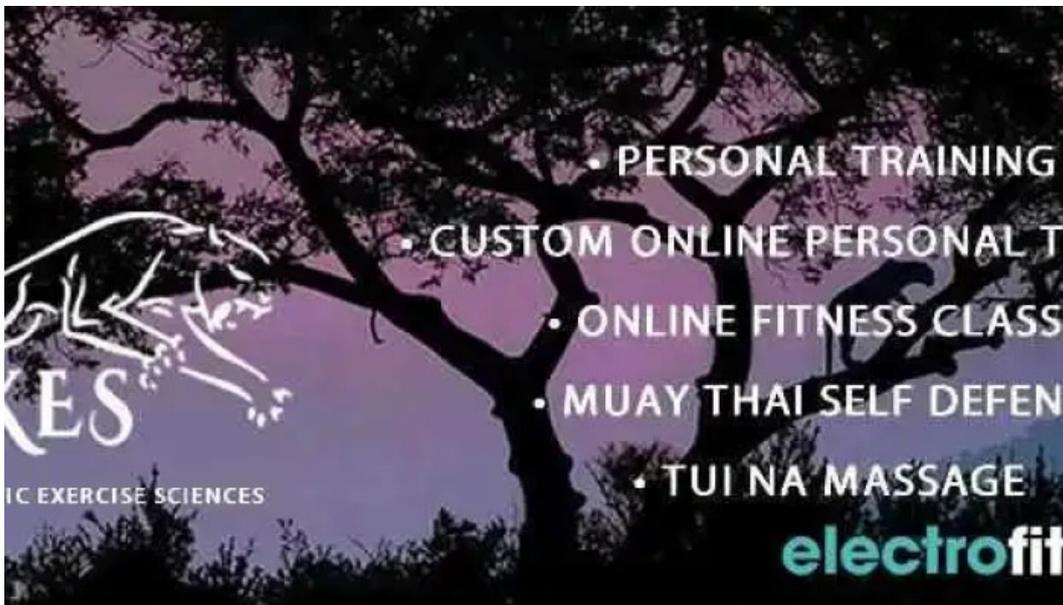
## Kes Fitness - Oakland

oakland



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[https://www.electrofitness.com/personal-trainer/oakland/kes-fitness-oakland\\_271716.php](https://www.electrofitness.com/personal-trainer/oakland/kes-fitness-oakland_271716.php)



*oakland*

## *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**



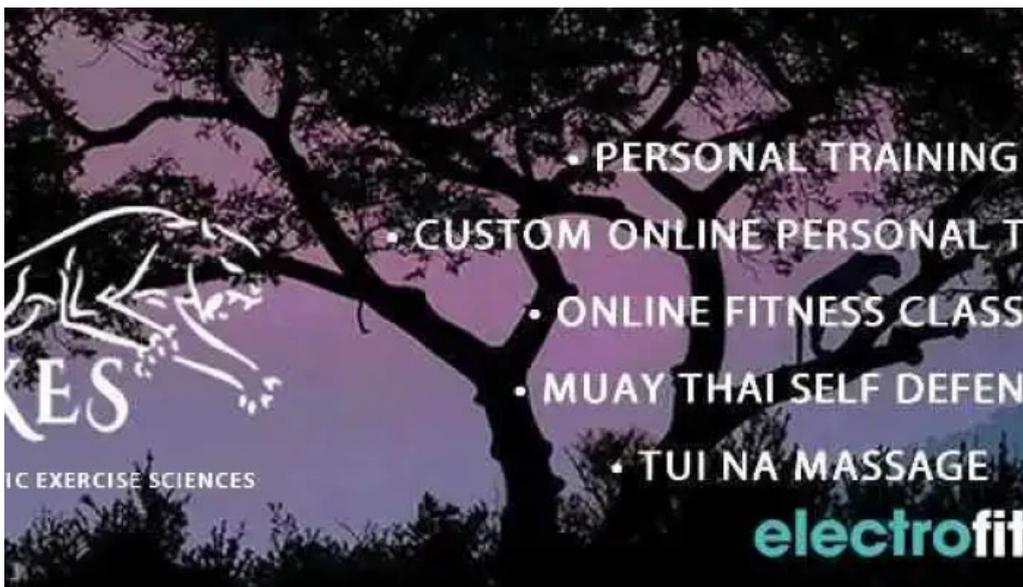
*Kes fitness training*



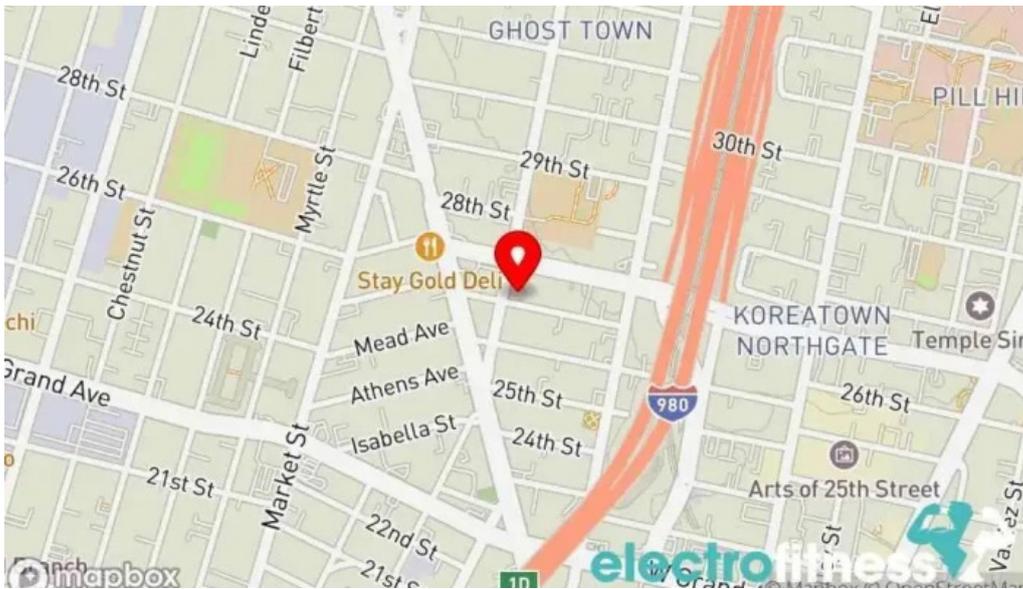
*Kes fitness street view 360deg*



*Kes fitness physical fitness*



*Kes fitness oakland*



*Kes fitness map*



*Kes fitness gym*



*Kes fitness by owner*



*Kes fitness all*

## 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*

## Related content

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5.0 \* *Black Dragon's Den - Adrian*

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4.9 \* *Black Goat Fitness Spokane - Spokane*

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3.8 \* *Black Belt Academy - Fort Washington*

<b>4.7 *</b>	<i>Powerform - Oakland</i>
<b>5.0 *</b>	<i>Black Flag Strength - Hanover</i>
<b>4.5 *</b>	<i>Black Belt Academy - Waldorf</i>
<b>4.9 *</b>	<i>Bft Rockridge - Oakland</i>
<b>3.5 *</b>	<i>Crunch Fitness - Boise Black Eagle - Boise</i>
<b>4.9 *</b>	<i>Shabach Yoga Studio - Waldorf</i>
<b>4.9 *</b>	<i>Sweat Dc - Park View - Washington</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center

convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist

kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex

sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization