



Personal fitness and weight management training
(R200 per session *home visits: +R50)

Sport-specific conditioning
(R200 per session *home visits: +R50)

Exercise rehabilitation for musculoskeletal injuries and
chronic medical conditions
(Medical aid accepted or R350 per session)

MAKE YOUR APPOINTMENT TODAY

Keenan 071 879 8891 ✉ keenan@kpbiokinetics.co.za



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