

Client Testimonials

Many of these are also found on my Facebook Page with direct connection to the person that wrote it!

Shweta – Jersey City, NJ (April 2011)

“I met Kendra two and half months after I gave birth to my first baby boy. I had seen her in a gym I used to work out at few years prior to getting pregnant. I had worked out with a few trainers over the years, but Kendra's working style has stuck in my head and I decided to hire her. I knew she would be the perfect person to kick me back in shape. I had gained 61lbs during my pregnancy and had went from 133lbs to 194lbs. Six weeks post baby I had shed 32lbs, however I still had 30 more difficult pounds to lose. I had gained weight in places I had never gained weight before and was quite nervous about getting back my pre-pregnancy body. I started working out with Kendra twice a week and within 3 months of working out with Kendra my body had changed it's shape, I was leaner, I felt stronger and my posture had improved tremendously. I had severe backaches and my posture was terrible before I started working out with Kendra. With a combination of cardio, strength training and stretching I was beginning to look and feel like myself again.

What I loved about Kendra was that she knew my body so well and designed a workout that was just right for me. She taught me how to breathe correctly which was so important while doing all the core exercises. Once I gained my strength back she made me do a lot of core exercises which helped me firm up my abdominal muscles. After working out with Kendra for a year and a half I am now at 132lbs and am skinnier than before. I feel strong, fit and have a new-found self-confidence. I am so thankful to Kendra for her hard work and dedication. I count her as one of my good friends now!”

Melissa – New York, NY (April 2010)

“I have worked with several trainers over the years and I have to say that Kendra is the most knowledgeable and thorough trainer I have had the pleasure of working with. I sought her out to train me for my first fitness/body competition because her background included her own personal experience and success with training for fitness competitions. Throughout our work together she not only transformed my body to be my dream body but she was there to support me above and beyond what her requirements were through the gym and being my trainer. Kendra's support and belief in me helped me to win 2nd place in my first competition. Her motivation, dedication to me and her profession and positive attitude pulled me through many days when I was questioning myself. Kendra takes the time to make sure you have the proper form and truly understand what you're doing and why, which for me is exactly what I like and rely on when training. She is an incredibly talented trainer who is passionate about what she does, and it shows. It was an amazing experience! I wish I could train with her forever!”

Kate – New York, NY (2010)

“After my miscarriage my body was weak and out of shape. Suddenly I wasn't pregnant but still looked and felt pregnant. Kendra was a godsend during that time, helping me to mend my body and physically prepare to carry a future pregnancy. When I did get pregnant again I was considered high-

risk and Kendra was amazing at modifying my workouts to meet my doctor's ever-changing requirements. While she helped me to maintain a healthy body and weight throughout the pregnancy, perhaps more importantly she made me physically strong - ready for birth as well as postpartum recovery. After my son was born the weight loss was easier and faster than I anticipated. I am certain this was because I was in such great shape throughout the pregnancy itself. Essentially, I was starting in a good place and within 5 months was able to lose the 35 pounds I had gained. I continue to work out with Kendra twice a week. And now, a year into Mamahood, I feel great. Thanks Kendra!! You're the best."

Frank & Sue – Jersey City, NJ (2012)

"Kendra is a consummate professional. She prepares a varied and intense training session – each time. She watches us intently – making every exercise count and she ensures that we execute everything well, to maximize the benefit and prevent injuries. When we do come to the session with an injury, Kendra tailors the session to help in the healing, focusing on repairing the injured area. Every session begins with an intense warm-up, followed by the core of the session – the strength training itself, and ending with a long stretching and cool down. We leave our sessions feeling energized! We have been training with Kendra for over two years and are so very grateful to have this exceptional woman keeping us fit!"

Matt – Jersey City, NJ (2013)

"Kendra is an outstanding personal trainer who not only makes sure you get a great workout, but also teaches better health and fitness habits and emphasizes activities you can do anywhere, whether in a gym or not. For someone who travels a great deal for work, the KGB plan is a life-saver--it taught me routines I can squeeze in in hotel rooms, in small time windows between meetings, on days when I normally would be too busy to bother. Thanks, Kendra!"

Brent - Culver City, CA (2016)

"KGB Fitness has been extremely instrumental in preparing me to run my first marathon in Los Angeles. I'm not a runner but KGB has given me exceptional guidance to accomplish this monumental goal. Through intense strength and flexibility training, as well as dietary guidance, I have lost 10 pounds, decreased my body fat and increased my endurance. The thing that truly impresses me the most about KGB is that no two trainings were ever alike. Her training methods are unique and innovative.

I highly, HIGHLY recommend KGB for any of your fitness needs!!"

Jen – Santa Monica, CA (2016)

Kendra and I met over a year ago. I rarely worked out, had pretty decent metabolism but was just "soft." 8 months ago, I made a decision to actively step up the workouts for my upcoming wedding and reached out to Kendra to help.

Weekly Kendra came to my home to work with me, monthly we progress checked and recorded weight and toning changes. She helped me plan the rest of my week with either KGB workouts to do at home or classes I should be mixing in. She supports you without making you dependent during the process.

6 months of training, she helped me find balance and enjoyment in working out regularly. I lost 10 POUNDS and over 5% BODY FAT. I hadn't been below 130 lbs. since high school. Best part - I actually have abs now and the chances of my keeping them are good post-wedding because I learned nutrition guidelines and how much working out doesn't have to suck.

She's a godsend. I recommend her for anyone of course but will be pimping her out to all of my soon to be bride friends or new mom friends!

Jessica, Los Angeles, CA (2017)

“I cannot say enough wonderful things about Kendra--from her poise; professionalism; and extensive knowledge of health, wellness, and fitness to her generous spirit and passion for serving others. I was fortunate to attend her summer Women's Wellness & Strength retreat in beautiful northern Michigan near Sleeping Bear Sand Dunes National Park.

The trip was deeply meaningful for me because it was my first vacation in 20 years, and represented an important step toward prioritizing self-care as an adult. Through one-to-one consultation with Kendra, group activities and personal reflective periods, I discovered new possibilities--ways that I could challenge my body, quiet my mind and embrace my identity without having to attach labels. It was truly a transformative experience.

Kendra left no stone unturned. Every aspect of the trip--from lodging and amenities to farm-to-table vegetarian meals, varied outdoor activities, a massage and more, she surprised and delighted all the guests. Each meal (plus snacks!) was thoughtfully and lovingly prepared by Kendra's personal chef and served fresh. We sampled curated organic teas, benefitted from a premium vitamin regimen and of course Kendra ensured that we were properly hydrated during the entire stay.

I experienced many firsts: a long, winding kayaking trip through a crystal-clear river; hiking in the back woods along the creek that ran through the property; watching a breathtaking sunset atop a 400-foot sand dune overlooking Lake Michigan and biking with my new friends as the wind whipped through our hair. Kendra led us through a gentle yoga practice on the deck each morning and all we could hear between deep breaths were the trees whooshing all around us. Not only did Kendra curate the entire retreat, she also customized our experience based on individual health and wellness needs. I walked away refreshed and reinvigorated--and all I could think about was planning for my return next summer!”

Boot Camp Testimonials

"Kendra's boot camp made waking up at 5:30 am very worthwhile. The hour flew by with challenging yet fun workouts." 2011 Participant

"It's always been fun working out with Kendra. She caters to everyone's goals and fitness levels even while teaching a large group." -2011 Participant

Ella – South Orange, NJ (2014)

"I started my fitness journey in 2013, during that summer I signed up for the KGB Fitness Bootcamp. I truly believe that experience lit a fire in me. KGB Fitness challenged me in ways that I had never experienced. I was pushed in a way that inspired me to want to push myself further. Since that time, I'm down 50 lbs and in 2015 I ran my first marathon. The sky is the limit! KGB helped me to discover the endless possibilities within myself. I highly recommend."