

Fitness Center

Naval Weapons Station Earle



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Free to all
authorized patrons

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NWS EARLE MWR FITNESS PROGRAM

The MWR Navy Fitness team at NWS Earle will guide you in setting objectives and strategies for reaching your personal health and fitness goals. With two locations to serve you, we are *your partner for success*. All Fitness Trainers and Instructors are certified in a variety of exercise specialties as well as CPR, First Aid and AED.



MAINSIDE FITNESS CENTER:

Located in Colts Neck, NJ
Fitness Office: 732-866-2119
Monday-Friday 5:30 a.m. to 8:00 p.m.
Saturday 7:00 a.m. to 3:00 p.m.
Sunday 8:00 a.m. to 2:00 p.m.

WATERFRONT FITNESS CENTER:

Located in Leonardo, NJ
Fitness Office: 732-866-7059
Monday-Friday 7:00 a.m. to 11:00 a.m.
Saturday/Sunday Closed



COMMAND/DEPARTMENTAL PT

Our trained and highly-skilled staff will lead your Command or Department in a specialized group PT session. Our classes are designed to challenge the Active Duty/Drilling Reservist to push further and improve their PRT scores and overall fitness. To request a class, please contact our Fitness Director, Rena Graham at 732-866-2068.

PERSONAL TRAINING

Designed to give personalized attention. Our fitness staff will guide and motivate you every step of the way. Eligible patrons and pricing is as follows:

ACTIVE DUTY, DRILLING RESERVIST, MILITARY FAMILY MEMBER RATES:

- Single 60-minute Session: \$35
- 5 Session Pack: \$150
- 10 Session pack: \$250
- 20 Session Pack: \$400

FEMA, RETIRED ACTIVE DUTY, DOD, DHS, RETIRED DOD, FIRE, NCIS, CONTRACTOR RATES:

Family members of these patrons are not eligible for training services.

- Single 60-minute Session: \$50
- 5 Session Pack: \$225
- 10 Session pack: \$400



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