

Fitness Center

Naval Weapons Station Earle



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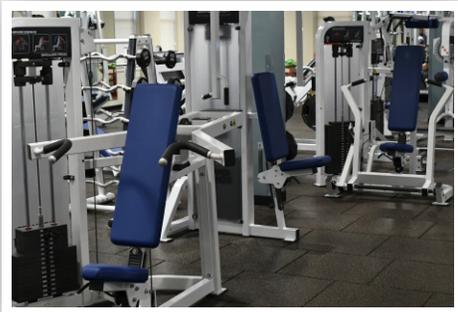
Fitness Center

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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 8:30 p.m.
Saturday/Sunday 7 a.m. to 2:30 p.m.

WATERFRONT FITNESS CENTER:

Located in Leonardo, NJ
Fitness Office: 732-866-7059
Monday-Friday 12 p.m. to 4:30 p.m.
Saturday/Sunday Closed

24/7 FITNESS ACCESS

*24/7 Fitness Center access is available to eligible MWR patrons 18 and older (Active Duty 17 and older) and eligible patrons ages 10-17, when under the direct supervision of a parent or legal guardian, who is a Navy MWR authorized patron. All persons must have completed the registration process online and facility orientation which is conducted at the Mainside facility.

YOUTH ORIENTATIONS

*Youth ages ten (10) to fourteen (14) are authorized access under the following guidelines:

Youth ages 10-11 must be in the immediate company of their parent or legal guardian. Youth ages 12-14 must be within the line of sight of their parent or legal guardian. Youth ages 15-17 may use the facilities unsupervised during operational hours. Youth aged 10-14 and a parent or legal guardian must attend a youth orientation conducted by an MWR Fitness Trainer prior to beginning their initial workout. Once clearance has been given, the pare



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.

FEP

*The MWR Fitness trainers are available to work one on one with any Navy Active Duty Sailor who has been designated into the Fitness Enhancement Program. Please have your Command CFL/ACF contact the Fitness Team at 732-866-2119.