



RENA L. GRAHAM
MWR FITNESS DIRECTOR

*Rena is a graduate of Salisbury University
& holds a B.S. in Exercise Science.*

PATRICE CONNORS
FITNESS TRAINER

*Patty is a graduate of Middlesex County College
& holds a degree in Dietetic Technology.*

BERNIE LEFEBVRE
FITNESS TRAINER

*Bernie is a graduate of William Patterson University
& holds a B.S. in Exercise Science.*

**All trainers are certified in
CPR/AED/first aid as well as many
other specialties.**

Mainside

Fitness Counter: 866-2304

Rena Graham:

866-2068

Patty Connors/Bernie Lefebvre 866-2119

Monday through Friday 6:00 a.m. to 8 p.m.

Saturday & Sunday 10 a.m. to 4 p.m.

Waterfront

Fleet Fitness: 866-7059

Ships in Port

Monday through Friday 8:30 a.m. to 8 p.m.

Saturday & Sunday noon to 6 p.m.

No Ships in Port

Monday through Friday 8:30 a.m. to 7 p.m.

Saturday & Sunday closed

**MWR FITNESS CENTER AT
NAVAL WEAPONS
STATION EARLE
FACILITY USAGE FEES:**

Free to all authorized patrons

Guest Fee: \$5/day

Eligible patrons must be 10 and older to utilize
the facility.

An orientation class is mandatory for
all youths 10-14

Youths aged 10-14 must be accompanied by a
parent or legal guardian at all times.

Fitness Centers

Naval Weapons Station Earle



Free to all authorized patrons.

FITNESS ASSESSMENT

- * Cardiovascular fitness, flexibility, body composition, muscular strength and abdominal endurance will be measured to determine a fitness baseline. This will allow you to assess your program as your exercise program continues and expands.
- * Establish goals and set realistic strategies to meet them.
- * Receive an exercise prescription to begin your new program.

Fees: Active Duty & Reservists.....\$10
 Retired Military.....\$10
 Military Family Member.....\$10
 Fire, NCIS\$20
 DOD, Contracted Security.....\$20

BODY FAT ANALYSIS

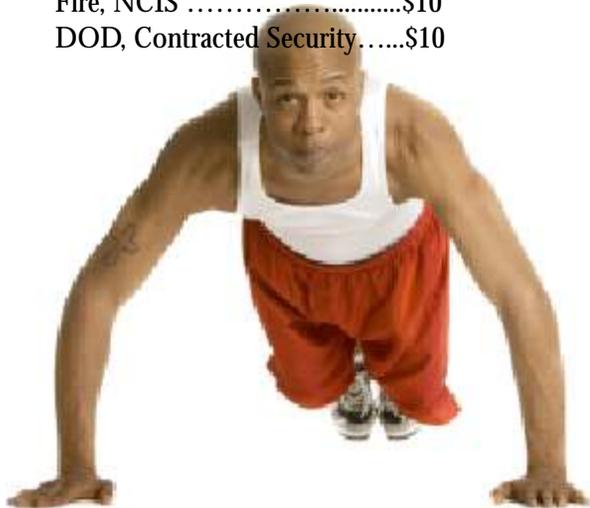
(Non-military only)

Fees:\$5

STRENGTH TRAINING

- * Learn a variety of exercise techniques to make your program more interesting.

Fees: Active Duty & Reservists.....\$5
 Retired Military.....\$5
 Military Family Member.....\$5
 Fire, NCIS\$10
 DOD, Contracted Security.....\$10



CARDIO TRAINING

- * Know when to increase or decrease the intensity of your workout and make changes to get beyond plateaus.

Fees: Active Duty & Reservists.....\$5
 Retired Military.....\$5
 Military Family Member.....\$5
 Fire, NCIS\$10
 DOD, Contracted Security.....\$10

6 WEEK GROUP TRAINING

- * Training for groups of 2-4 people
- * Six week program 1x/week
- * Workout with your friends! Choose from a variety of specialty training sessions including: Cardio Training, Flexibility, Weight Loss, Strength or Beginners Workout.

Fees: 2 people.....\$60/person
 3 people.....\$55/person
 4 people.....\$50/person

NUTRITION

- * Determine your nutrient & energy needs
- * Set realistic goals & develop an eating plan

Active Duty & Reservists... ..\$40
 Retired Military.....\$40
 Military Family Member.....\$40
 Fire, NCIS\$50
 DOD, Contracted Security....\$50

PRE/POSTNATAL

- * With advice from your doctor, maintain your workout schedule during pregnancy.
- * Learn exercises that are safe and effective for you and your baby.
- * Instruction is through a certified Pre/Post Natal Fitness Specialist.

Fees: Active Duty & Reservists.....\$30
 Retired Military.....\$30
 Military Family Member.....\$30
 Fire, NCIS\$40
 DOD, Contracted Security.....\$40

MEDICAL PROGRAMS

- * Individualized exercise prescription for those with special requirements or medical conditions such as:

~High Blood Pressure
 ~Diabetes
 ~Heart Disease
 ~Other

Fees:

Active Duty & Reservists....\$30

Retired

Military.....\$30

Military Family

Member....\$30

Fire,

NCIS\$40

DOD, Contracted

Security....\$40

