
PHORM
WHERE BODIES TAKE SHAPE
ELEVATE
YOUR LIFE.
FITNESS • PERSONAL TRAINING • LONGEVITY
WHERE BODIES TAKE SHAPE
Oceanfront at Pier Village · Long Branch, New Jersey
4 Ocean Ave N, Long Branch, NJ 07740 | 732-229-8229 | phormfitness.com

PHORM
WHERE BODIES TAKE SHAPE

WELCOME TO PHORM

More Than a Gym.

A Revolutionary Wellness Destination.

Located along the spectacular oceanfront in Pier Village, Long Branch, NJ, PHORM Fitness is a 22,000-square-foot luxury fitness and wellness destination where world-class fitness meets the beauty of the Jersey Shore.

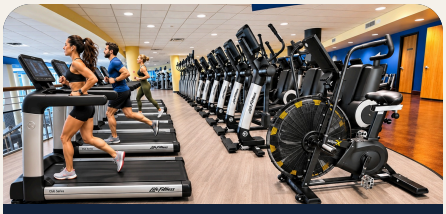
Experience premium equipment, expert coaching, personal training, group classes, recovery therapies, and holistic wellness, all in one extraordinary destination designed to help you look better, feel stronger, and live better.

FREE PARKING AVAILABLE



ONE DESTINATION FOR ALL YOUR FITNESS, RECOVERY, AND WELLNESS NEEDS.

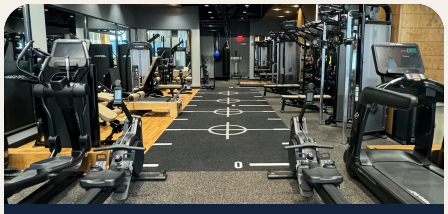
Train in the Main Club. Go deeper with PHORM Personal. Recover and optimize at Fire & Ice. Use one, two or all three to build the wellness routine that works for you.



PHORM FITNESS

22,000 SQ. FT. OCEANFRONT CLUB

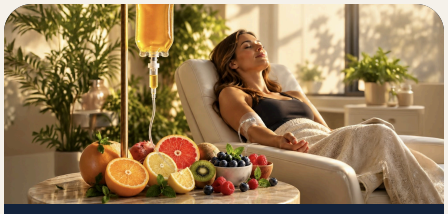
Premium strength + cardio
Award-winning group fitness
Training zones + amenities



PHORM PERSONAL

ELITE PRIVATE COACHING

NASM-certified trainers
One-on-one training
Small groups up to 4



FIRE & ICE

RECOVERY + LONGEVITY

Red light + cryotherapy
PEMF + infrared sauna
Medispa + longevity services
IV therapy, peptides, hormonal optimization, and more



PHORM FITNESS | THE MAIN CLUB

Train at the Oceanfront.

The Main Club is PHORM's premier 22,000 sq. ft. fitness space in Pier Village, featuring premium Life Fitness equipment, state-of-the-art training zones and programming for every fitness level.

- Premium strength + cardio equipment
- Award-winning group classes: Body Pump, Spinning, Yoga, Pilates, Strength Training + more
- In-house juice bar to refuel
- Pro shop with gear + supplements
- Access to a complete wellness experience at Pier Village

JOIN THE MAIN CLUB

PHORM PERSONAL

Elite Coaching. Maximum Results.

PHORM Personal offers individualized training in an exclusive private studio, with experienced coaches providing the attention, accountability and support needed to reach your goals.

ONE-ON-ONE TRAINING
Customized workouts built around your fitness level and objectives.

SMALL GROUP TRAINING
Maximum of four participants for coaching plus motivating group energy.

PRIVATE STUDIO
A focused environment designed for personalized attention and results.

BOOK PHORM PERSONAL





FIRE & ICE LONGEVITY CENTER

Recover. Restore. Relax.

FIRE & ICE
MEDICAL

Fire & Ice is PHORM's state-of-the-art longevity center, bringing advanced recovery and total-body wellness together in one elevated environment.

RECOVERY

- Cryotherapy
- Full-body red light therapy
- PEMF electromagnetic therapy
- Infrared sauna

FIRE & ICE MEDICAL

- Hormone Optimization
- Medical Weight Management
- IV Nutrition, Injectables & Peptides
- Aesthetic Medicine & Rejuvenation

Scan QR code to book your appointment!

Fire & Ice Medical services are prescribed by board-certified physicians.

BUILD YOUR PHORM

One destination, all your wellness needs

TRAIN PHORM FITNESS + **COACH** PHORM PERSONAL + **RECOVER** FIRE & ICE

PHORM FITNESS + FIRE & ICE

4 Ocean Ave N, Long Branch, NJ 07740
732-229-8229 | info@phormfitness.com

MAIN CLUB HOURS

Mon-Fri 5am-10pm | Sat 6am-6pm | Sun 6am-5pm

PHORM PERSONAL

15 Morris Ave, Long Branch, NJ 07740
By appointment only

VISIT PHORMFITNESS.COM

SCAN TO JOIN