



# Fitness and Sports Newsletter

Jan - Feb  
2022  
Issue #11

For more information, visit <https://www.wrightpattfss.com/> or @WrightPattFitness on Facebook

## Recent Fitness & Sports Events

### Powerlifting Competition

On Saturday 10 December we hosted our full powerlifting competition at Wright Field Fitness Center. We had twelve competitors come out and attempt their personal records in the squat, bench, and deadlift. Our very own Mr. Silas Stanton along with staff and other volunteers, brought the energy and created an environment of encouragement and enthusiasm that pushed these athletes to their limits.

Scoring was based off the Wilks calculation that takes into consideration the amount of weight lifted and the bodyweight of each participant. Highlighted in green on the score chart are our top male and female performer: Anthony Bilal and Gabi Lesko.

Congratulations to all participants who came out and beat their own personal records. Make sure to look out for next year's competition!

Power Lifting Competition 2022			
First	Last	Gender	Wilks Score
Anthony	Bilal	M	477.3215
John	Swigart	M	387.1697
Conner	Kent	M	371.3106
Gabi	Lesko	F	360.2706
Ethan	Ravak	M	359.2443
Mason	Bauerbach	M	330.9808
Ryan	Winz	M	329.8749
Mason	Lancaster	M	317.7326
Shelby	McDowell	F	292.4341
Cassie	Dyer	F	274.0203
Taylor	Maxwell	F	262.4938
Samantha	Hurlburt	F	261.8188



Table with 4 columns: First, Last, Gender, Wilks Score. Lists 12 participants and their scores.





# Upcoming Fitness & Sports Events

WRIGHT-PATT FITNESS & SPORTS

## Dive-In Movie Night

### SONIC THE HEDGEHOG 2

**January 12 | 6 - 9 pm**  
**Dodge Fitness Indoor Pool**

Leave the cold outside! Enjoy the indoor pool and a movie on the big screen. Free refreshments available.

Free entry. All children must be 6 years or older to attend.  
Space is limited. For more information, contact (937) 257-4225



No Federal Endorsement of Sponsors Intended



WRIGHT-PATT FITNESS & SPORTS

# 2023 **INDOOR TRIATHLON**

Row - Cycle - Treadmill

**JANUARY 26**

**6 - 9 AM**

WRIGHT FIELD FITNESS CENTER

15 min row • 15 min cycle • 15 min treadmill  
Prizes for top male & female competitor  
Refreshments will be provided

Sign up by January 23

Pre registration is required.  
Call (937) 904-9381

Open to Active Duty, Dependents,  
DOD Civilians, and Retirees.



# INTRAMURAL VOLLEYBALL LEAGUE



**SHOW OFF YOUR TEAMWORK  
AND VOLLEYBALL SKILLS!**

Open to military, DoD civilians & adult dependents over 18 years old.  
Teams must have a minimum of 6 players (max. 10) and be of the same unit/squadron.  
All skill levels welcome. The season will include a post-season tournament.  
Registration ends January 27 at noon.

**MANDATORY CAPTAIN'S MEETING**

**JANUARY 9 | 12 PM & 5:30 PM**  
**JARVIS FITNESS CENTER**

Discussing by-laws, scheduling, rosters, and more. One representative from each team must be present.

For more information, contact the Sports Programs Manager: Quinn Cooper  
dequinn.cooper.2@us.af.mil | (937) 656-5961



Scan the QR Code to download the team registration form



## Interested in Fitness Classes?

+ Classes are returning 09 January 2023.

+ Newly added Zumba classes held at Wright Field Fitness Center in the aerobics room on Wednesdays at 5:30 - 6:30pm.



+ Back to Basics session starting 09 January, offered to active duty to enhance PT scores. Available at both Wright Field and Jarvis Fitness Centers.

\*All fitness classes offered are free