



Fitness and Sports Newsletter

January-February
2026
Issue #29

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

Recent Fitness & Sports Events

INDOOR TRIATHLON ²⁰²⁶

ROW - CYCLE - TREADMILL

JANUARY 15

6 - 9 AM · WRIGHT FIELD FITNESS

15 Minute Row · 15 Minute Cycle · 15 Minute Treadmill
Prizes for top male & female competitor. Refreshments will be provided

Scan the QR Code to sign up today!
Pre-registration is required.

Open to all US Military, DoD Civilians, Retirees and Dependents over 16 years of age.

FITNESS & SPORTS

POWERLIFTING COMPETITION

JANUARY 23
8 AM

WRIGHT FIELD FITNESS CENTER
AREA B

SQUAT - BENCH PRESS - DEADLIFT

AGES 16+ · PRIZES AWARDED TO TOP MALE & FEMALE PERFORMERS
REFRESHMENTS PROVIDED · ARRIVE 30 MINUTES EARLY FOR WEIGH-INS

TO REGISTER, SCAN THE QR CODE | FOR MORE INFORMATION CALL (937) 904-9381

Turkey Trot

Another great Turkey Trot 5k in the books. 250+ people joined us outside of Wright Field Fitness Center to run or walk our annual Turkey Trot. Weather was on our side which ended with a great turnout of people, costumes, prizes, refreshments, and good times that everyone seemed to enjoy.



Upcoming Fitness & Sports Events

Intramural Basketball

Just underway, Intramural Basketball is going on at Jarvis Gym on Tuesday evenings. Come out and support your squadron as they compete against other groups on base! If you every have any questions about any of our Intramural Sports, please call 937-904-9409.

Updated Massage Therapy Pricing as of 1/1/26:

MASSAGE

at Wright Field Fitness Center



Schedule by calling (937) 904-9381

30-minute session \$45
60-minute session \$75
90-minute session \$100



Happy Holidays and Happy New Year from everyone here at Fitness and Sports! We look forward to seeing everyone again this year and as always if you have any questions about anything, don't hesitate to approach any of our outgoing staff who are happy to help you achieve your fitness goals!



WRIGHT-PATTERSON AIR FORCE BASE 2026 - 2027 INTRAMURAL SPORTS CALENDER

INDOOR VOLLEYBALL

SEASON: MARCH - MAY 2026 · TUESDAYS & THURSDAYS

SOFTBALL

SEASON: JUNE - AUGUST 2026 · MONDAYS & WEDNESDAYS

FLAG FOOTBALL

SEASON: AUGUST - OCTOBER 2026 · THURSDAYS

BASKETBALL

SEASON: DECEMBER 2026 - MARCH 2027 · TUESDAYS

OPEN TO ALL MILITARY, DOD CIVILIANS AND RETIREES AGES 18+

For more information regarding intramural sports leagues, please call (937) 656-5961 or visit WrightPattFSS.com



FITNESS & SPORTS

Facility Hours of Operations reminder:

ATTENTION

Effective October 1,
staffed hours at Jarvis &
Dodge Fitness Centers
will be reduced.

Dodge Fitness Center
Monday - Friday / 9 am - 6 pm

Jarvis Fitness Center
Monday - Friday / 6 am - 12 pm