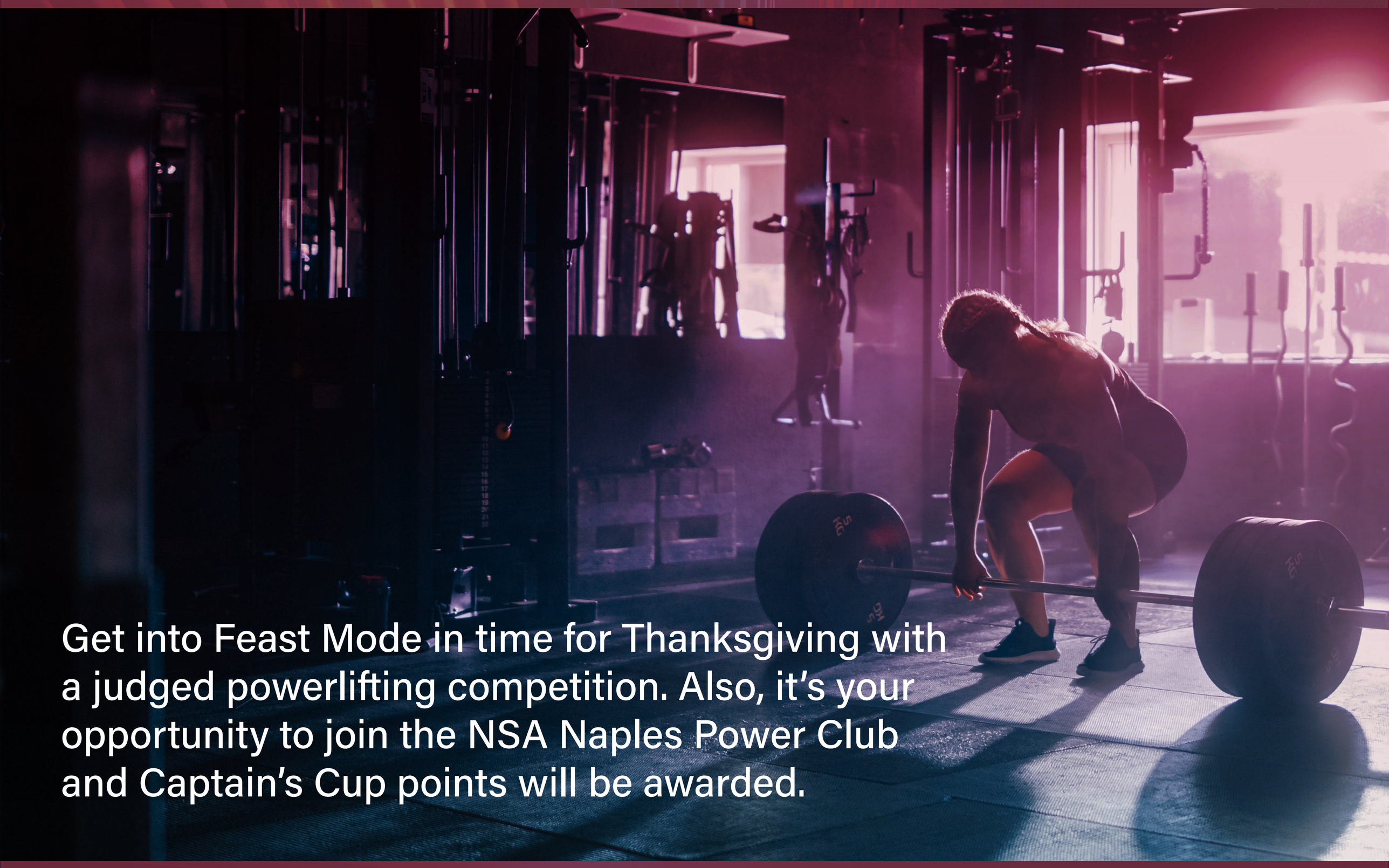
FEAST MODE

POWERLIFTING COMPETITION



Get into Feast Mode in time for Thanksgiving with a judged powerlifting competition. Also, it's your opportunity to join the NSA Naples Power Club and Captain's Cup points will be awarded.

SQUAT, BENCH PRESS and DEADLIFT

Capodichino Fitness Center
Wednesday, Nov. 18
Check-in/warm-up at 10:30 a.m.
Competition 11 a.m.-1 p.m.

Support Site Fitness Center
Thursday, Nov. 19
Check-in/warm-up at 5:30 p.m.
Competition 6-9 p.m.



Prizes given at both centers for:
◊ Heaviest weight lifted
◊ Heaviest lift relative to body weight
◊ Raffle for participants

There will be no weight classes or weight divisions.

Pre-registration is required and space is limited!
Register today at either fitness center.

For more information, call 081-568-4265 / 626-4265
NaplesMWR_fitness@us.navy.mil

MORALE, WELFARE AND RECREATION
FITNESS