



Vitality for Vets Activity Schedule

MARCH
2026

STAY FIT. STAY CONNECTED.

INSTRUCTOR LED / INSTRUCTOR GUIDED.

Mondays
12:00 - 12:45pm

Spin Bike Zone
Field House - Base Gym

Spin with Kerri (MVP+ Ambassador)

Group cycling on stationary bicycles can improve your cardiovascular system significantly. Don't let this class scare you. No experience necessary. Riders ultimately control their intensity!

**Tuesdays, Wednesdays
& Thursdays**
9:00am - 10:00am

Room 105 - Base Gym

Fit Females 50+

Tuesdays & Thursdays: Functional exercises with weights to keep females feeling strong & confident. Wednesdays: Body work (like myofascial release, mobility, relaxation). These classes welcome MVP females & their +1 (even those who are not yet 50+)

Every second Tuesday
9:30am Check in
Weight Room

Weight Room, Base Gym

Men's Meet Up: Movement Accountability

Time to check in! Connect with other Veterans, get your movement in, and feel supported as you pursue your health & fitness goals. Check in: 9am

Touch point person: Tuesdays: Clint Barker

Wednesdays
12:00 - 12:45pm

Room 105 - Base Gym

Gentle Yoga with Kerri (MVP+ Ambassador)

Gentle movements and easy Yoga poses that can offer release and relaxation, bringing the body & mind back into balance.

Mondays & Fridays
12:00 - 12:45pm

Room 105 - Base Gym

Moga (Mobility & Yoga mix)

Yoga poses and corrective movements that will challenge your strength and improve your mobility, flexibility and your range of motion.

Mondays to Thursdays
12:00 - 12:45pm

Field House - Base Gym

Strength & Conditioning Training

Trainers present the workout, motivate you, help you progress when you are ready for more. They track your progress along the way too.

The above activities welcome ...

MVP+ Fit Members and/or their +1 with Membership cards.

The above activities are instructor led or offer instructor guidance!
No registration required. Drop-in welcome / Come when you can!



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SELF LED & INSTRUCTOR LED ACTIVITIES

Wednesdays
2:00-3:00pm
Feb 11 to Mar 11
Garrison Bowling Lanes
6 Princess Mary Ave

MVP 5-Pin Bowling League
A great way to stay active this winter!
24 spots! Come be part of the 5-Pin Fun!
100% attendance is not required.
\$5 each / per visit. Drop in anytime !
(Activity is subsidized by Legion 560. Thank you!)

Best times to walk:
Weekdays before 10am
and Mondays, Tuesdays
& Thursdays @ 1pm
Indoor Track Base Gym

Wellness Walking
Get out of the winter weather and join
other Veterans on the 6-Lane track.
Self-guided. Walking Poles & other walking
assistance / walking aids are welcome!

Saturdays
5:45-6:45pm
Sundays
11:45-12:45
Constantine Arena

Ice Skating at Constantine Arena
Come enjoy ice skating at the arena!
Skate monitors will be happy to see you.
All you need is your MVP membership /
Gym membership!

Feb 11 @ 10:30am
C&E Museum
Feb 24 @ 10am
Legion 560

Veteran Coffee Gatherings
Friendly faces, free coffee, casual dress &
conversation in a warm, inclusive space.
*C&E Museum, CFB Kingston
*Legion 560, Montreal Street

Friday March 13
9:00-10:30am
Education session
Room 105, Base Gym

Better Bladder
If you ever leak when you laugh, cough,
jump or sneeze, this education session may
be for you. Train for a better bladder today!
Instructor: MVP Ambassador Kerri

Mondays
1:00pm-2:00pm
March 9, 16, 23 & 30
Field House, Base Gym

Golf Fit
It's time to get ready! Golf season is quickly
approaching! How is your mobility,
strength and rotation? Let's get after it!
Instructor Led. Be ready to do exericeses.

The above activities welcome ...
MVP+ Fit Members and/or their +1 with Membership cards.
Some of the above activities are self-led and some are instructor led.
Questions? Contact your MVP+ Ambassador: Hollywood.Kerri@cfmws.com