



Vitality for Vets Activity Schedule

NOVEMBER
2026

Monday to Friday
11:30am - 1:00pm

Monday-Thursday
7:30pm - 8:30pm

Saturdays & Sundays
2:00pm - 4:00pm

Lane Swimming / Pool time

Jump in and enjoy one of the best workouts ever! Swimming offers great health benefits: full body exercise: cardio, strength & endurance all in one without strain or high impact. It's the power to refresh your mind!

Due to the floor resurfacing in both the Field House and the SAM gym Please check in regularly with our front desk staff to receive updates.

Weight Room and Cardio Rooms should remain open and available.

Your patience is always appreciated as we make our facilities even better for our users - like you!

Fit 50+ and Men's Movement classes and MVP monthly workshops will be paused until 2027!

Mondays to Thursdays
12:00 - 12:45

Field House

Friday Workshops
Topics: TBA
9:00am - 10:00am

Room 105 - Base Gym

Workshops are practical sessions where MVP & their +1 can learn specific skills, share knowledge, gain tools to enhance their health, fitness & wellness journey. Topics posted in MVP e-newsletter & in MVP Facebook Group! Have a request? Let us know!



The MVP Vitality for Veterans Schedule of Activities, Classes & Special Events welcome ... MVP+ Fit Members and/or their +1 with current / valid Gym Membership cards. No registration required. Drop-in is welcome anytime! Come when you can! Note: Some offerings are instructor led, offer instructor guidance or are self-directed.