



Vitality for Vets Activity Schedule

OCTOBER
2026

STAY FIT. STAY ENGAGED. STAY CONNECTED.

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

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

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

Big Pool - Base Gym

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. Water also has the power to refresh and restore the body & mind! Fun with the family is great medicine too.
Note: Weekend swims are a combination of Lane Swimming & Open Swim in the big pool.

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

Tuesdays, Wednesdays,
Thursdays Field House 6

Fit Females 50+
Functional strength building exercises with weights to help keep females feeling capable, confident & strong! Tuesdays offer a diversity of movements & equipment depending on location.
MVP females &/or their +1 (even if under 50)

Tuesdays
9:00am - 10:00am

Room 105 - Base Gym

Movement for Men 50+
Discover new ways to move from a Veteran who has overcome his own physical challenges. Safe space to pursue a better body & mind. For MVP men (even if under 50)

Mondays Wednesdays
& Fridays
12:00 - 12:45pm

Room 105 - Base Gym

Moga at Noon (Mobility & Yoga mix)
A mixed class of foam rolling, yoga poses, stretching, and corrective movements to improve your mobility, body recovery, flexibility and your range of motion.

Mondays to Thursdays
12:00 - 12:45pm

Field House - Base Gym

Strength & Conditioning Training
Trainers present the workout of the day, motivate you & help you progress when you are ready for more. They track your progress along the way too.
It's like Personal Training but in a Group.

Fridays: Once per month
Topic & Dates: TBA
9:00am - 10:00am

Room 105 - Base Gym

MVP Educational Workshops
interactive, 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.