



Vitality for Vets Activity Schedule

SEPTEMBER
2026

STAY FIT. STAY CONNECTED.

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

Tuesdays & Thursdays
7:30pm - 8:30pm

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

Big Pool - Base Gym

Lane Swimming

Jump in and enjoy one of the best workouts ever!

If you don't have a lot of time to spend in the gym, lane 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!

Note: Weekend swims are Lane & Open Swim

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

Wed & Thurs: Room 105
Tuesdays: Location Varies

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

An interactive, practical, educational learning session where MVP & their +1 can gather to build specific skills, share knowledge, gain tools to enhance their health, fitness & wellness journey. Have a topic? Suggest it! Topics posted in MVP Facebook & MVP e-newsletter!



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.