



Vitality for Vets Activity Schedule

**FEBRUARY
2026**

STAY FIT. STAY CONNECTED.

INSTRUCTOR LED / INSTRUCTOR GUIDED.

Mondays

12:00 - 12:45pm

Spin Bike Zone
Field House - Base Gym

Mind-Body Spin with Kerri (MVP Ambassador)

The music in this group cycling class will motivate you differently and give your ride the mind-body-spirit connection you are looking for too. A great cardio session without top 40 radio hits.

Tuesdays, Wednesdays & Thursdays

9:00am - 10:00am

Room 105 - Base Gym

Fit Females 50+

Functional exercises with weights to keep females over 50 feeling fit, strong, confident and independent. Welcoming MVP females & their female partners.

Tuesdays

**9:00am 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.

These activities are instructor led or offer instructor guidance!

No registration required. Drop-in welcome / Come when you can!



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**FEBRUARY
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**Starting soon
& there's
still room**

STAY FIT. STAY CONNECTED.

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

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

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

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

**Friday Feb 13
6:00-8:00pm**
**Make it your
Valentine's Day date night
or just bring a fun friend !**

MVP 5-Pin Bowling League

A great way to stay active this winter!
24 spots! Come be part of the 5-Pin Fun!
Pre-registration is required !
Contact your MVP Ambassador !

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!

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!

Veteran Coffee Gatherings

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

Learn to Dance Merengue *Workshop*

Super fun workshop, easy to learn dance
even with two left feet. Put your dancing
shoes on & leave the weather behind .
For MVP+ members & dance partners.

**Workshops
Coming soon:**

Golf-Fit Get ready for your next game & golf season.
Better Bladder You can decrease bladder leaks.

The above activities welcome ...

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

These activities are self-initiated / self-guided. We hope to see you!

Questions? Contact your MVP+ Ambassador: Hollywood.Kerri@cfmws.com

SELF LED. SELF GUIDED ACTIVITIES