



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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Starting soon
& there's
still room

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!

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

STAY FIT. STAY CONNECTED.

SELF LED. SELF GUIDED ACTIVITIES

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.