



Vitality for Vets Activity Schedule

AUGUST
2026

STAY FIT. STAY CONNECTED.

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**Tuesday & Thursday
12:00pm - 1:00pm**

**Mondays & Wednesdays
4:00pm - 5:00pm**

**Tuesdays & Thursdays
4:00pm - 6:00pm**

Big Pool - Base Gym

Lane Swimming

Jump in and enjoy one of the best workouts ever! Lane Swimming has returned to the Base Gym Pool. If you don't have a lot of time to spend in the gym the pool offers great benefits! Full body exercise (cardio, strength & endurance) without the strain or impact of other forms of exercise. Swim Lesson for grandkids / kids are happening this Summer too! Visit the Base Gym Front Desk!

PAUSED UNTIL SEPT

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

Room 105 - Base Gym

Fit Females 50+

Functional strength building exercises with weights (& some education along the way) to help keep females feeling confident, capable & strong! For MVP females &/or their +1 (even if not yet 50+)

**Tuesdays
9:00am - 10:00am**

Room 105 - Base Gym

Men's Meet Up 50+

Discover different ways to move from a Veteran who has overcome his own physical challenges. Meet up with others and feel supported as you pursue a better body & mind. For MVP men (even if not yet 50+)

PAUSED UNTIL SEPT

**Wednesdays
12:00 - 12:45pm**

Room 105 - Base Gym

Gentle Yoga with Kerri (MVP+ Ambassador)

Gentle, easy movements and simple Yoga positions that can shift energy and offer release and relaxation, bringing the body & mind back into balance. No yoga experience required.

**Mondays, Wednesdays
& Fridays**

12:00 - 12:45pm

Room 105 - Base Gym

Moga (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, motivate you, help you progress when you are ready for more. They track your progress along the way too.

MVP Vitality for Veterans Activities, Classes & Special Events welcome ...

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

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

Note: some MVP activities are instructor led / offer instructor guidance or are self-directed.

