



Vitality for Vets Schedule

NOVEMBER
2025

STAY FIT. STAY CONNECTED.

Mondays
1200-1245
Room 105 Base Gym

Moga (Yoga & Mobility)

Improve your mobility and flexibility through stretching and corrective exercises. Some Yoga poses included, depending on the instructor.

Mondays
1300-1500
Garrison Bowling Lanes

5-Pin Bowling for MVP+ Fit member & their +1

A great way to stay active as the weather grows colder. Special pricing for MVP member & their +1 Drop in anytime. No lane reservation required.

Tuesdays & Thursdays
0900-1000
Room 105 Base Gym

Fit Females 50+

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

Wednesdays
1200-1245
Room 105 Base Gym

Yoga with Kerri (Your MVP Ambassador)

Gentle movements and easy Yoga poses that can offer release and relaxation, bringing the body & mind back into balance.

Mondays to Thursdays
1200-1245
Field House Gym

Strength & Conditioning Training

Trainers present the workout, motivate you and progress you when you are ready for more, and track your progress along the way.

Mondays, Tuesdays & Thursdays
1300-1430
Indoor Track Base Gym

Wellness Walking

Weather cold? Looking for better terrain? Join others on our 6-lane indoor track. Self-guided. Walking Poles & other walking assistance is welcome!

Fridays
1200-1245
Room 105 Base Gym

Power Yoga

Yoga poses and movements that will challenge your power & strength. This class may be more intense & face-paced than the Monday Moga / Wed Yoga.

**The above activities are drop-in and welcome:
MVP+ Fit Members and/or their +1 with Membership cards.**

FOR YOUR BODY



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FOR YOUR MIND

**Tuesday
Nov 25
1000 - 1130**

Royal Canadian
Legion 560

Veteran Coffee Gathering
Friendly faces, free coffee, casual conversations
in a welcoming, inclusive atmosphere.

Last Tuesday of each month @ Legion 560
734 Montreal Street, Kingston

**Monday
November 10
2:00pm**

1499 Stoneridge Drive
(near No Frills on
Coverdale Drive)

Movie at the Pond - Free Movie Showing !
In honour of Veterans' Week, join Kerri at Chartwell
Retirement Residence Conservatory Pond for a
Free movie showing of The Great Escape (1963)
starring Steve McQueen.
Movie starts at 2:00pm
Veterans and their +1 welcome

**Tuesday
Nov 18
@ 1:00pm**

Virtual session.
Contact your
MVP+ Ambassador
for your link to join

Why Read That Book?
Have you read a good book lately? In this book club,
no one has to read the same book and the book does
not have to be a recent read. Just share one title, the
author, and why that book is worth the read!
Pick 1 favorite book and join us virtually from the
comfort of your arm chair at home.

**Friday
November 28
9:00-10:00**

Room TBD
Base Gym

Exercise Considerations & Menopause / Aging
Do we need to rethink some of the exercises we
have always done during menopause and
beyond?! Maybe ! Let's talk about some
considerations. Casual, open conversation style,
focusing on females. Welcoming others too.

The above programs require registration to attend.
(except for Veteran Coffee Gatherings which are drop in)
**The above programs welcome MVP+ Fit Members and/or their +1
with Gym Membership cards.**
For more info or to register, contact your MVP+ Ambassador!
Hollywood.Kerri@cfmws.com