

MVP + Fit : Vitality for Vets - Activity Schedule Jan - Apr 2025

Enjoy these activities with your MVP+ Fit Membership. Your + 1 can attend as well, if they have a current membership too!



Mondays

Workshops & Education
1000-1100 / MVP & +1
Once per month
See details on reverse
In-person & / or Virtual

Moga (Yoga + Mobility)
1200-1245
MVP / DND / RMC
Room 105 - Base Gym
Jan 6 - Apr 28

Lane Swim
1200-1300
MVP / DND / RMC
Big Pool - CFB
Jan 6 - Apr 28

Strength & Conditioning
1200-1300
Field House
Base Gym
Jan 6 - Apr 28

Wellness Walking
1300-1430
MVP & +1
Indoor Track - Base Gym
Jan 27 - Apr 21 (not Mar 21-27)



Tuesdays

Fit Females 50 +
0900-1000
MVP & +1 / Room 105
Jan 28 - Apr 22

Veteran Coffee Time
1030-1130
C & E Museum - CFB:
Jan 7. Feb 4. Mar 4. Apr 1.
Legion 560 Montreal Street:
Jan 28. Feb 25. Mar 25. Apr 29.

Lane Swim
1200-1300
MVP / DND / RMC
Big Pool - CFB
Jan 7 - Apr 29

Strength & Conditioning
1200-1300
Field House
Base Gym
Jan 7 - Apr 29

PickleBall
1300-1430
* For MVP & +1 only *
Field House 6 & 7
Jan 28 - Apr 29 (not Mar 22)



Wednesdays

5-Pin Bowling
1000-1100
MVP & +1
Garrison Lanes - CFB
Jan 8 - Apr 2

Moga (Yoga + Mobility)
1200-1245
MVP / DND / RMC
Room 105 - Base Gym
Jan 8 - Apr 30

Lane Swim
1200-1300
MVP / DND / RMC
Big Pool - CFB
Jan 8 - Apr 30

Strength & Conditioning
1200-1300
Field House
Base Gym
Jan 8 - Apr 30

Pilates & Posture
1300-1400
MVP & +1
Room 105 - Base Gym
Feb 5 - Apr 30

Thursdays

Lane Swim
0730-0830
* MVP & +1 only *
Jan 9 - Mar 6

Fit Females 50 +
0900-1000
MVP & +1 / Room 105
Jan 30 - Apr 24

5-Pin Bowling
1000-1100
MVP & +1
Garrison Lanes - CFB
Jan 9 - Apr 3

Lane Swim
1200-1300
MVP / DND / RMC
Big Pool - CFB
Jan 9 - May 1

Strength & Conditioning
1200-1300
Field House
Base Gym
Jan 9 - May 1

Wellness Walking
1300-1430
MVP & +1
Indoor Track - Base Gym
Jan 30 - Apr 24(not Mar 21-27)



Fridays

Moga (Yoga + Mobility)
1200-1245
MVP / DND / RMC
Room 105 - Base Gym
Jan 10 - Apr 25

Lane Swim
1200-1300
MVP / DND / RMC
Big Pool - CFB
Jan 10 - May 2

Workshops & Education
1300-1400 / MVP & +1
Once per month
See details on reverse
In-person & / or Virtual



Keep watching for more amazing MVP activities coming for May - August !

Please note: Registration is NOT required for the above activities. However, valid Memberships are required.

MVP + Fit : Workshops, Education, Courses Jan & Feb 2025

Enjoy these opportunities with your MVP+ Fit Membership. Your + 1 can attend these sessions too.

Please note: Registration is required for the below sessions to ensure appropriate facility space & supplies / materials needed.

Myths of Home Organization

Mon 20 Jan. 1000-1100

Home Organization myths get debunked! Q & A session too!
Virtual attendance option only

Request ZOOM link by emailing:

Hollywood.Kerri@cfmws.com

Presented by Pro. Organizer from Ottawa

RESET Workshop

Tues 28 Jan. 0830-1600

Location: Base Gym

Bring life into balance and improve your wellness.

Resilience, Healthy Eating, Stress, Sleep & More.

Presented by Health Promotion Dept.

For more info & to register, email:

Popkie.Lori@cfmws.com



MVP OPEN HOUSE

Meet & Greet

Wed 29 January

1200-1400

Room 105 - Base Gym

Light Lunch Refreshments

Drop in, meet other Vets,

Tour the facility, Exercise,

Chat & Connect with Kerri

Drop ins welcome, Bring a Vet friend.

All those who officially register will be entered to win a prize.

To register, email:

Hollywood.Kerri@cfmws.com

Valetine's Day Fun !



Partner Yoga

Friday 14 Feb. 1200-1300

Room 105 - Base Gym

Support, Balance, Connect, Trust

Finding Fun in partner poses!



Learn to Dance Merengue

Friday 14 Feb. 1300-1400

Room 105 - Base Gym

Easy to learn Spanish Dance even with two left feet.

Super fun for you & your +1.

Music & laughter = good medicine.

Presented by your MVP Ambassador

To register for one or both of the above:

Hollywood.Kerri@cfmws.com



Stress Take Charge Course

Feb 14, Feb 21 & Feb 28

All 3 sessions required.

0830-1200noon

Location: Base Gym

Skill building, Financial tips, quick & helpful techniques, learn now & live better.

Presented by Health Promotion Dept.

For more info & to register, email:

Popkie.Lori@cfmws.com

Volunteer Opportunities !

Volunteers needed for Ontario Region Men's & Women's Volleyball Championship
Feb 18-21 - Base Gym

Times may vary depending on task
Time keeping, score keeping, etc.

We would love to have you!

Presented by Military Sports Dept.

If interested, please contact:

somerville.matt@cfmws.com



Keep watching for more amazing MVP opportunities coming for March-April !

To Register for Workshops & Education Sessions & Courses, Email your MVP Ambassador: Hollywood.Kerri@cfmws.com or call 613-449-3808.

Check this schedule often and be sure to join our MVP Private Facebook Group to stay in the know !

www.facebook.com/groups/mvpplussmembers/

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