



Vitality for Vets Activity Schedule

**JANUARY
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 & Thursdays 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

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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NEW !!

**Wednesdays
1:00 - 2:00pm**

Jan 7 to Mar 25

Garrison Bowling Lanes
6 Princess Mary Ave

MVP 5-Pin Bowling League

Join the first ever MVP+ Bowling League!
It's a great way to stay active this winter!
24 spots! Register in teams of 2 or 4.
Come be part of the 5-Pin Fun!

Pre-registration is required !

Contact your MVP Ambassador !

**Best times:
Weekdays before 10am
and
Mon / Tues / Thurs
@ 1pm**

Indoor Track Base Gym

Wellness Walking

When the weather outside is frightful, the
indoor track is so delightful ! Join other
Veterans on the 6-Lane track.
Self-guided. Walking Poles & other walking
assistance / walking aids are welcome!

**Saturdays
5:45-6:45pm**

**Sundays
11:45-12:45**

Constantine Arena

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!

**First Tuesday of each
month @ 10:30am**
C&E Museum

**Last Tuesday of each
month @ 10am**
Legion 560

Veteran Coffee Gatherings

Friendly faces, free coffee, casual dress &
casual conversation in a welcoming, warm,
inclusive atmosphere.

*C&E Museum, CFB Kingston

*Legion 560, Montreal Street

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