



# 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

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

Indoor Track Base Gym

## **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 !

## **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