



VITALITY FOR VETS

Classes & Activities

**June
2025**

Moga (Yoga + Mobility)

Mondays & Wednesdays 1200-1245
Room 105, Base Gym

A good mix of mobility movements, corrective exercises and Yoga poses to bring the body into balance.

Fit Females 50+

Tuesdays & Thursdays
0900-1000

Functional exercises with weights to keep females feeling fit, strong & confident.

Room 105, Base Gym

Strength & Conditioning - Group / Personal Training

Mondays to Thursdays 1200-1245
Field House Gym, South Half Moon, Base Gym

A well-rounded program led by several fitness trainers who can start you where you are, progress you when you are ready and motivate you to achieve your goals. Trainers help you improve your form and technique and even track your progress along the way.

Lane Swimming / Pool time

Watch for Lane Swimming & MVP Pool Time to return to the schedule!

Thank you for your patience.

Feel free to email the Aquatics Team for updates at: cfbkingstonaquatics@cfmws.com

Hike the Hill

Wednesdays only in June
Meet outside Front Doors, Base Gym

Hike up to Fort Henry & back again.
Optional challenges as we progress.
Dress for the weather. Wear good shoes.
Let's get outside together!

Power Yoga

Fridays 1200-1245
Room 105, Base Gym

Yoga poses and movement that challenge your power and strength. This class may be more intense / fast-paced than the Monday & Wednesday Moga classes.

Note:

*This schedule is for this month only.
Watch for a new schedule each month.

Participation in these activities may determine whether activities continue in the months that follow.

* Some activities will slow or pause for June/July/August.
But, will return in September / Fall 2025.

Have questions?
Feel free to contact your MVP+ Ambassador
HOLLYWOOD.KERRI@CFMWS.COM



VITALITY FOR VETS

Workshops, Programs & Special Events

**June
2025**

Annual MVP Golf Tournament

Monday 23 June 0800

Garrison Golf Course, CFB Kingston

Register as a solo golfer or as a team of 2
or as a team of 4.

Welcoming MVP members &/or their +1

This is a pay to attend event.

\$40 per player. Lunch Included.

(Golf Carts are extra)

Bragging rights awards for:

Closest to the Pin

Best Dressed Team

Best Scoring Team

REGISTER NOW! Pay Later!

Don't miss this FUN annual event!

Email your MVP Ambassador for the
registration link!

Hollywood.Kerri@cfmws.com

Highway of Heroes Kick Off Event at C & E Museum

Saturday 22 June 1000-1600

95 Craftsman Blvd, CFB Kingston

This family-friendly outdoor day brings
military history to life with vehicle demos,
activities, prizes, food, and more.

Mostly outdoors. Dress for the weather.

Bring the Kids / Grandkids!

Perfect & fun way to kick off summer!

If you wish to go inside the museum,
admission fees apply.

C & E Museum, CFB Kingston

No registration required for this event.

Veteran Coffee Gatherings

Tuesday 3 June 1030-1130

C & E Museum, CFB Kingston

Tuesday 24 June 1030-1130

Legion 560, Montreal Street

Friendly faces, free coffee, and
casual conversation in a welcoming,
inclusive atmosphere.

Horse Happy Program

Thursday or Friday afternoon

1-hour time slots available

Get happy by getting close to a big,
fuzzy horse. You decide what to do:
Talk to it. Pet it. Brush it. Walk it.

One-on-one session with one horse
and you, guided by the Veteran owner.

Have you hugged a horse today?!

By appointment only!

Email Kerri for more info / if interested.

Hollywood.Kerri@cfmws.com

Connect-a-Thon at KMFRC

Saturday 7 June 1100-1500

32 Lundy's Lane, CFB Kingston

Attend the Connect-a-thon at the
KMFRC and Arrowhead Beach.

A relaxed, come-as-you-are day of
community, creativity and free food.
Connect with Kerri, and others too !

Registration required!

Email Kerri for the registration link @

Hollywood.Kerri@cfmws.com

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