



# Vitality for Vets Schedule

OCTOBER  
2025

STAY FIT. STAY CONNECTED.

FOR YOUR BODY

**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 & 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**

Too cool to walk outside? 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.**



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FOR YOUR MIND

**Tuesday**  
**October 28**  
**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

**Thursday or**  
**Friday by**  
**Appointment**

Veteran owned farm.  
Approx. 30min north  
of Kingston

## **Horse Happy Program**

Get happy by getting close to a big fuzzy horse. You decide your comfort level: Talk to it. Pet it. Brush it. Walk it. You, one horse, supported and guided by the Veteran owner. Note: Participant responsible for own transportation. Have you hugged a horse today?!

**Tuesday**  
**Oct 28**  
**@ 11:00am**

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.

**Thursday**  
**Oct 23**  
**@ 10:00am**

Indoor Track  
Base Gym

## **Pole Walking 101**

Learn the benefits of Pole Walking as well as proper form & technique. Walking with poles has been around for years in other parts of the world and all ages participate. Come find out why! Poles available to try or bring your own.

**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](mailto:Hollywood.Kerri@cfmws.com)**