OR YOUR





Vitality for Vets Schedule

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

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!

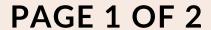
Fridays 1200-1245

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.



FOR YOUR MINI

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