



# Vitality for Vets Activity Schedule

APRIL TO  
AUGUST  
2026

STAY FIT. STAY CONNECTED.

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**Mondays**  
**10:00am - 10:30am**

Front Entrance  
CFB Kingston Base Gym

### **Hike the Hill**

Gather together just outside the gym lobby and take a hike up and around Fort Henry Hill and back again. Enjoy the fresh air, each other's company and the beautiful scenery of Lake Ontario. MVP Ambassador will join in when possible.

**Tuesdays, Wednesdays  
& Thursdays**  
**9:00am - 10:00am**

Room 105 / Field House  
Base Gym

### **Fit Females 50+**

Tuesdays & Thursdays: Functional exercises with weights to keep females feeling strong & confident. Wednesdays: Body work (mobility, relaxation). For: MVP females & their +1 (even if not yet 50+)

**Every Tuesday**  
**9:00am - 10:00am**  
**Starting Tues 14 April**

Room 105, Base Gym

### **Men's Meet Up: Movement Accountability**

Get your movement in, connect with other Veterans and feel supported as you pursue your health & fitness goals. OPI: Clint Barker of OSISS

**Wednesdays**  
**12:00 - 12:45pm**

Room 105 - Base Gym

### **Gentle Yoga with Kerri (MVP+ Ambassador)**

Gentle, easy movements and simple Yoga positions that can shift energy and offer release and relaxation, bringing the body & mind back into balance. No yoga experience required.

**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.**

Some of the above activities are instructor led or offer instructor guidance!

**No registration required. Drop-in welcome / Come when you can!**



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**Great things happen around Kingston every Spring & Summer !  
Be sure to check out all of these websites for local events and more !**

The Royal Canadian Legion 560 on Montreal Street (as well as other Legions in the Kingston area), offer fun & social opportunities like:  
Darts, Cornhole, Euchre, Live Music, Karaoke

**<https://legion560kingston.ca/index.php/events/>**

The Kingston Daily posts a wide variety of local events in the Kingston area from Meditation classes to Community Breakfasts to Museum Fun Days to Comedy Nights to Celtic Kitchen Parties.

**<https://www.kingstondaily.ca/local-events/category/local-events/>**

The City of Kingston's City Calendar & Event website is where you will find arts, culture, & more about local Libraries, The Grand Theatre, local musicians, the Tett Centre, Museums, etc.

**<https://www.cityofkingston.ca/arts-culture-and-events/>**

If you have Facebook, be sure to stay connected to our CFB Kingston Base specific events here:

**<https://www.facebook.com/pspkingston/>**

AND ... of course, You should also join our private MVP+ Facebook page too, for all MVP & Veteran specific offerings at

**[www.facebook.com/groups/mvplusplusmembers/](http://www.facebook.com/groups/mvplusplusmembers/)**

**Coming soon ... Our Pool will be welcoming everyone back soon for  
noon hour swimming and other new & exciting aquatic programming!  
CHECK IN WITH THE CUSTOMER SERVICE DESK FOR MORE DETAILS !**

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