



Vitality for Vets Schedule

DECEMBER
2025

STAY FIT. STAY CONNECTED.

FOR YOUR BODY

Mondays @ 1200

Note: Holiday Hours
may impact schedule !

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.

NEW !! Starting:
January 2026

Garrison Bowling Lanes

MVP 5-Pin Bowling League for MVP+ members & their +1

A great way to stay active this winter!
Special pricing for MVP members & their +1

Tues & Thurs @ 9am

Note: Holiday Hours
may impact schedule !

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 @ 12

Note: Holiday Hours
may impact schedule !

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.

Mon to Thurs @ 12

Note: Holiday Hours
may impact schedule !

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.

Mon/Tues/Thurs @ 1pm

Note: Holiday Hours
may impact schedule !

Indoor Track FH - Base Gym

Wellness Walking

When the weather outside is frightful, the indoor track is so delightful ! 6-Lane track. Self-guided.
Walking Poles & other walking assistance is welcome!

Fridays @ 1200

Note: Holiday Hours
may impact schedule !

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

Wednesday
December 10
2:00pm -3:00pm

1499 Stoneridge
Drive
(across from No Frills
on Coverdale Drive)

Free Holiday Concert at the Pond !

Come and enjoy the music of 'The Manning Brothers' at Chartwell Retirement Residence!

Location: Conservatory Pond

Music starts at 2:00pm

MVP Veterans and their +1 are welcome !

Dec 22 & 23
Dec 29 & 30
11:00am - 4:00pm

Dec 27 & 28
11:00am - 6:00pm

6 Princess Mary Ave
Garrison Bowling Lanes

Jingle Bowling for the Whole Family !

Looking for some family fun over the holidays?

Bring the whole family 5-Pin Bowling at Garrison Bowling Lanes! Listen to holiday favorites while you bowl with jingle bells on your bowling shoes! We have a licensed snack canteen, and Military / CAF pricing. too !

Holiday fun for all ages and abilities !

Saturdays
Dec 13, 20 & Jan 3
5:45-6:45pm

Sundays
Dec 14, 21 & Jan 4
11:45-12:45

Constantine Arena

Ice Skating at Constantine Arena

Bring the kids and/or grandkids to our CFB Constantine Arena for some holiday ice skating!

Enjoy holiday music while you skate,
Skate monitors will be passing out candy canes to the kids too!

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