

Fitness Programs

Mission Area Facilities
Spring 2025



Programs for 13 years and up

Monday	Tuesday	Wednesday	Thursday	Friday
	Pilates + Yoga Fuzion 9:30 - 10:30 a.m. Kinsmen Media Centre			Pilates + Yoga Fuzion 9:30 - 10:30 a.m. Kinsmen Media Centre
	Chair Yoga 2:30 - 3:30 p.m. Sarsons Activity Centre		Strength + Flexibility for Healthy Aging 10:30 - 11:30 a.m. Sarsons Activity Centre	
Flow Yoga at the Lake 5 - 6:15 p.m. Sarsons Activity Centre	Hatha Yoga for Stress Release 5:15 - 6:30 p.m. Sarsons Activity Centre	Yoga Blend 5:30 - 6:30 p.m. Sarsons Activity Centre		Click the program to learn more and register online, or click here to find more fitness programs across Kelowna
Qigong by the Lake 6:45 - 7:45 p.m. Sarsons Activity Centre	Asian Healing Arts 7 - 8:15 p.m. Sarsons Activity Centre	Hatha Bliss Yoga 6:45 - 8:15 p.m. Sarsons Activity Centre		
SHiNE + UPLIFT 7 - 8 p.m. Canyon Falls	Midlife Muscle + Hustle 7:30 - 8:30 p.m. Canyon Falls	SHiNE 7 - 8 p.m. Canyon Falls	Midlife Muscle + Hustle 7:30 - 8:30 p.m. Canyon Falls	

Learn more about our fitness spaces and locations in the Mission area!



Canyon Falls Middle School

1211 Frost Road
A great space for a variety of programs to get you moving including weight and cardio training, dance programs and more!



Sarsons Activity Centre

4398 Hobson Road
Formerly known as Okanagan Mission Activity Centre, Sarsons Activity Centre is a serene space overlooking the lake, perfect for wellness and yoga activities.



Kinsmen Media Centre

900 Lexington Drive
Located within the heart of Mission Recreation Park above the ball diamonds, the Kinsmen Media Centre is a cozy spot for fitness programs.