

Fitness Programs

Mission Area Facilities
Winter 2025



Programs for 13 years and up

Monday	Tuesday	Wednesday	Thursday	Friday
	Pilates + Yoga Fusion 9:30 - 10:30 a.m. Kinsmen Field House			Pilates + Yoga Fusion 9:30 - 10:30 a.m. Kinsmen Field House
	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	
	Hatha Yoga for Stress Release 6:45 - 8:15 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 the link below to find more fitness programs across Kelowna
Flow Yoga at the Lake 5 - 6:15 p.m. Sarsons Activity Centre	Qigong + Acupressure 7 - 8:30 p.m. Sarsons Activity Centre	Hatha Bliss Yoga 6:45 - 8:15 p.m. Sarsons Activity Centre	Align Yoga 5 - 6 p.m. Sarsons Activity Centre	
Qigong 6:45 - 7:45 p.m. Sarsons Activity Centre	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	

Find more fitness and health programs

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 Fieldhouse

855 Lexington Drive
Located in the Mission area within the heart of Mission Recreation Park, the Kinsmen Fieldhouse is popular for fitness programs and kids camps.