Fall 2026 Class Summary for Arcola East Community Association

The Fall 2026 Session will run from Tuesday September 8th to Monday December 14th . There will be no classes September 30, October 10th to 12Th and November 11. All classes are in the Arcola East Community Center, unless indicated elsewhere.

Registration will be as follows online:

Arcola East Community Association residents (postal code beginning with S4V) – August 23rd@ 9:00 am ,Out of area residents – August 30th @ 9:00 am

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 to 11:15 Pwr Walk/Run Traci **Infill**	10:00 to 10:45 Total Body Sculpt Megan **Infill**		9:15 to 10:15 am Yoga Fitness Fusion Cecila **MP Room**	9:15 to 10:15 Vinyasa Yoga Cecila **MP Room**		9:15 to 10:15 Yoga Fitness Fusion Cecila **MP Room**
			10:30 to 11:30 am Yoga Gentle Cecila **MP Room**			
			6:00 to 7:00 pm Mat Pilates Nina **MP Room**	*6:00 to 7:00 pm* *Vinyasa Yoga* *Christine* ***MP Room***	6:00-7:00 pm Zumba Melissa **St Gabreil Gym**	
		6:00 to 7:00 pm Yin Yoga Nina **MP Room**	7:15 to 8:15 Foundational Yoga Andi **MP Room**	7:00 to 8:00 pm Total Body Sculpt Boni **Infill**		
		7:00 to 8:00 pm Core/Cardio Marriane/Boni **Infill**			7:30 to 8:30 pm Butts and Guts Marianne **Infill**	
Oct.24- Home Alone 9:30am-12:00pm or 1:00pm-3:30 pm **MP Room**	10:30am-1:00pm Pickleball -Adva **WF Ready Gym**		6:00-7:00 pm Fit n Fun Family **St Gab Gym**	6:00-7:00 pm Fit N Fun Family **Jack Mac Gym**	5:45 -6:15 pm Preschool Dance **Jack Mac Gym**	
Nov 21- Babysitting 9:30am 4:00 pm **MP Room**	1:00-3:30pm Pickleball – Inter **WF Ready Gym**				6:20-6:50 pm Preschool Dance **Jack Mac Gym**	
	3:30- 6:00pm Pickleball -Beg **WF Ready Gym**				7:00-7:45 pm Children Dance **Jack Mac Gym**	
		7:00 to 9:30 pm Volleyball **Jack Mac Gym**	7:00-9:30 pm Basketball **St Gab Gym**	7:30 – 9:30 pm Volleyball **Jack Mac Gym**	8:00-9:45 pm Basketball **St Gab Gym**	
			7:00-9:30 pm Pickleball -Beg. **Jack Mac Gym**		8:00 – 9:45 pm Pickleball – Beg **Jack Mac Gym**	
					7:00 –9:30 pm Pickleball-Inter **WF Ready Gym**	