

October 2026

The Club Paradise Wellness & Fitness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes are Subject to Change	Club Paradise Hours: Monday– Friday 7:00am –5:00pm Saturday– Sunday 8:30am–4:30 pm			9:00 Balance for Beginners w/Kathryn (CP) 10:00 Balance for Beginners w/Kathryn (CP)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10:00 Chair Yoga w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	9:00 Walking Club: IB Pier (RA) 11:00 Stronger-U Stretch w/ Jazmine (CP)
10:00 Stronger-U Strength w/ Jazmine (CP) ⁴	9:00 Total Body Strength w/ Aaron (CP) 10:00 Intermediate Balance w/ Aaron (CP) 2:00 Tai Chi/Qigong (CP) ⁵	9:15 Stronger-U Cardio w/ Jazmine (CP) 10:00 Stronger-U Strength w/ Jazmine (CP) ⁶	10:30 Stronger-U Stretch w/ Jazmine (CP) 2:00 Tai Chi/Qigong (CP) ⁷		9:15 Stronger-U Strength w/ Jazmine (CP) 10:00 Stronger-U Stretch w/ Jazmine (CP) 2:00 Tai Chi/Qigong (CP) ⁹	9:00 Walking Club: Gaylord Hotel in Chula Vista (RA) ¹⁰
¹¹	9:00 Total Body Strength w/ Aaron (CP) 10:00 Intermediate Balance w/ Aaron (CP) 2:00 Tai Chi/Qigong (CP) ¹²	9:15 Stronger-U Cardio w/ Jazmine (CP) 10:00 Stronger-U Strength w/ Jazmine (CP) ¹³	10:30 Stronger-U Stretch w/ Jazmine (CP) 2:00 Tai Chi/Qigong (CP) ¹⁴	9:00 Stronger-U Strength w/ Jazmine (CP) 10:00 Stronger-U Cardio w/ Jazmine (CP) ¹⁵	2:00 Tai Chi/Qigong (CP) ¹⁶	9:00 Walking Club: Balboa Park in San Diego (RA) 11:00 Stronger-U Stretch w/ Jazmine (CP) ¹⁷
10:00 Stronger-U Strength w/ Jazmine (CP) ¹⁸	9:00 Total Body Strength w/ Aaron (CP) 10:00 Intermediate Balance w/ Aaron (CP) 2:00 Tai Chi/Qigong (CP) ¹⁹	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) ²⁰	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP) ²¹	9:00 Balance for Beginners w/Kathryn (CP) 10:00 Balance for Beginners w/Kathryn (CP) ²²	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10:00 Chair Yoga w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP) ²³	9:00 Walking Club: Harbor Island in San Diego (RA) ²⁴
²⁵	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP) ²⁶	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit (CP) ²⁷	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP) ²⁸	9:00 Balance for Beginners w/Kathryn (CP) 10:00 Balance for Beginners w/Kathryn (CP) ²⁹	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10:00 Chair Yoga w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP) ³⁰	9:00 Walking Club: Sweetwater Park in Chula Vista (RA) 11:00 Stronger-U Stretch w/ Jazmine (CP) ³¹