

September 2026

The Club Paradise Wellness & Fitness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes are Subject to Change.	 Back to School	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP)	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)	11:00 Stronger-U Stretch w/ Jazmine (CP)
10:00 Stronger-U Strength w/ Jazmine (CP)	2:00 Tai Chi/Qigong (CP) Labor Day No Morning Classes Gym Open from 7:00am–5:00pm	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 12:00 New Resident Club Paradise Orientation (CP) 2:00 Tai Chi/Qigong (CP)	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 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	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)	11:00 Stronger-U Stretch w/ Jazmine (CP)
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