PARADISE VILLAGE
A GENERATIONS COMMUNITY

November 2026

The Club Paradise Wellness & Fitness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	3 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP)	4 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	5 9:00 Balance for Beginners w/Kathryn (CP) 10:00 Balance for Beginners w/Kathryn (CP)	6 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10:00 Chair Yoga w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	7 9:00 Walking Club: IB Pier (RA)
8	9 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	10 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP)	11 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)	12 9:00 Balance for Beginners w/Kathryn (CP) 10:00 Balance for Beginners w/Kathryn (CP)	13 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10:00 Chair Yoga w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	14 9:00 Walking Club: Rohr Park (RA)
15	16 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	17 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP)	18 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	19 9:00 Balance for Beginners w/Kathryn (CP) 10:00 Balance for Beginners w/Kathryn (CP)	20 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10:00 Chair Yoga w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	21 9:00 Walking Club: Embarcadero Park (RA) 11:00 Stronger-U Stretch w/ Jazmine (CP)
22 10:00 Stronger-U Strength w/ Jazmine (CP)	23 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 2:00 Tai Chi/Qigong (CP)	24 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP)	25 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP)	26 9:00 Balance for Beginners w/Kathryn (CP) 10:00 Balance for Beginners w/Kathryn (CP)	27 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10:00 Chair Yoga w/ Kathryn (CP)	28 9:00 Walking Club: Tidelands Park (RA) 11:00 Stronger-U Stretch w/ Jazmine (CP)
29 10:00 Stronger-U Strength w/ Jazmine (CP)	30 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP)	**Classes are Subject to Change**		**Club Paradise Hours:** **Monday–Friday 7:00am–5:00pm** **Saturday–Sunday 8:30am–4:30pm**		