Paradyme Companies Announces Multi-Market Growth Plan Led by Founder Ryan J. Garland

Garland's strategy combines lessons from the 2008 real estate cycle with insights into recreational owners' lifestyle needs.





LAKE HAVASU CITY, AZ, UNITED STATES, September 21, 2026 / EINPresswire.com/ -- Paradyme Companies announced the next phase of its growth strategy, with founder and chairman Ryan J. Garland leading an effort to adapt the company's residential, recreational storage and wellness-oriented development model for additional U.S. markets. Lake Havasu City will continue to serve as the primary prototype, while Paradyme evaluates markets including Nashville and the Ozarks for future applications of the platform.

For Garland, the expansion is less about repeating one project than repeating a process: identify a real consumer need, structure the development conservatively, and build a product around the way people in a specific market use property. That approach has been shaped by more than 20 years across lending, development, distressed real estate and turnaround situations.

A Playbook Shaped by the 2008 Real Estate Cycle

Garland's current development strategy has roots in the period surrounding the 2008 financial crisis. During and after the downturn, he worked with distressed residential and commercial assets, workouts and turnarounds. The experience pushed risk management, underwriting and the ability to change course closer to the center of how he evaluates real estate opportunities.

"You must be able to pivot with the market. You must be able to identify demand and investor appetites. You also have to identify ways to create less risk in this environment."

— Ryan J. Garland, Founder & Chairman, Paradyme Companies

That background later expanded into private real estate lending. According to Paradyme, Garland has completed more than $3 billion in real estate transactions across lending and development during his career, and the company manages an approximately $100 million debt fund serving developers and real estate operators. Paradyme says it continues to apply conservative underwriting and comparatively low leverage to its development activity.

The Lake Havasu Observation That Became a Development Concept

The second part of the story began with a practical problem. In recreational markets such as Lake Havasu, Paradyme observed consumers spending heavily on boats, RVs, off-road vehicles and other recreational assets, while many conventional homes did not provide convenient space to store or use them.

Garland saw an opportunity to treat storage as owned real estate rather than a separate monthly utility. That thinking helped shape Paradyme Storage and later Barn Caves, a residential concept that combines three-story living spaces with oversized garage environments designed for boats, RVs, vehicles and other recreational equipment. Paradyme has also developed an approximately 225,000-square-foot boat and RV storage project adjacent to the Barn Caves site.

The Lake Havasu platform has since widened beyond storage. Paradyme's local activity includes Barn Caves, Paradyme Flats, Paradyme Storage, Boat House Storage and an operating wellness business, the Family Office Society (FOS) gym, which connects fitness, recovery and recreation with the surrounding community.

Wellness as Proof of Concept: From FOS Gym to Barn Caves

Paradyme is not asking the market to imagine its wellness strategy. It is already running one. The Family Office Society gym in Lake Havasu City was built by Paradyme, is owned by Paradyme and is fully operating today. The facility spans more than 20,000 square feet and offers premium strength equipment, personal training, 24/7 member access and recovery-focused wellness services.

According to Paradyme, the FOS gym reached positive cash flow within three months of opening. For Garland, that result matters beyond the gym itself. It shows that a premium, community-driven wellness concept can attract members and sustain itself in Lake Havasu, and it gives the company real operating data to design around rather than projections alone.

That operating experience now informs the next step. Barn Caves, Paradyme's resort-style residential community of 93 homes, each paired with an indoor boat and RV garage, is planned around a 42,000-square-foot amenity building that includes a gym operated by FOS and retail suites. The planned Barn Caves gym is expected to be roughly double the size of the current FOS facility, and the broader wellness vision includes a doctor and recovery center to serve members.

The amenity plan also features a resort-style pool with design cues drawn from Dubai's luxury beach clubs, part of an effort to bring full resort-style living to the Lake Havasu lifestyle. Combined with pickleball, dog-friendly areas and desert-inspired architecture, the goal is a community where residents can store their toys, train, recover and socialize without leaving home.

"We built the building and own the gym too. It's up and running completely," Garland said.

The sequence reflects the same discipline that runs through the rest of Paradyme's strategy: prove a concept at a smaller scale, learn from real members and real numbers, then build the larger version with that knowledge in hand.

From a Local Prototype to a Repeatable Platform

Paradyme's next phase is focused on determining which parts of the Lake Havasu model can translate to other recreational and lifestyle-oriented markets without forcing the same product into every location. Nashville and the Ozarks are among the markets currently being evaluated, while the company has also explored its Paradyme FLEX concept in the Nashville area.

Garland said market selection depends on more than land cost. Paradyme studies local demographics, recreational activity, healthcare access, consumer spending patterns and the type of real estate already available before deciding whether a concept fits.

"We like recreational environments that also have healthcare baked in or as a force in the town we are choosing to develop," Garland said.

The company said future projects may combine residential real estate, recreational storage, wellness amenities and related commercial uses in different proportions depending on the market. The objective is to preserve the underwriting discipline Garland developed through earlier real estate cycles while building around newer shifts in recreation, remote work, retirement and lifestyle spending.

About Paradyme Companies

Paradyme Companies is a vertically integrated real estate investment, development and finance organization founded by Ryan J. Garland. The company participates in real estate development, private lending, recreational boat and RV storage, residential projects, mixed-use development and wellness-oriented real estate, including the operating FOS gym in Lake Havasu City. Its portfolio and development strategy include Barn Caves, Paradyme Storage, Paradyme Flats and other projects in the United States.

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