Cottonwood
Palo Verde



FITNESS ACTIVITY CENTER





Features:

- Strength Machines & Free Weights
- Group Fitness Classes
- Cardio Machines
- Indoor Spa Area
- Men's & Women's Locker Rooms, Showers and Saunas

Hours of Operation

Monday through Thursday – 5:00am to 7:00pm
Friday – 5:00am to 6:00pm
Saturday – 6:00am to 5:00pm
Sunday – 6:00am to 4:00pm

Learn More on our Website

Contact us
480-272-6484

Mindful Moments
with Debbie



Cottonwood Palo Verde at Sun Lakes

Group Classes

Fun, energizing classes designed to get you moving and feeling your best

Spots fill quickly—reserve yours today:

- **ClassFit App**
- Phone: 480-272-6484
- In Person: CWPV Fitness Center

***Arrive early—doors close just before class begins**

Attendance:

- CWPV residents receive priority registration
- Sun Lakes 1 & 3 may join the waitlist
- Open spots are filled from the waitlist the morning of class

*Unclaimed spots may be released 5 minutes before class time

Join us, get in shape, and make lifelong friends

Class fees start at $5 per session

New Policy 05.11.2026:
To ensure everyone's safety and minimize disruptions, we ask all participants to arrive before class begins. Once the door is closed, late entry may not be permitted.

Cottonwood Palo Verde Fitness Activity Center

September 2026 Calendar

Studio 1

Monday		
9:00-9:45	**Balance and Stability**	Roberta
10:00-10:50	**Restorative Yoga**	Elise
12:15-1:00	**Zumba**	Sandy

Tuesday		
9:00-10:00	**Hatha Yoga Flow**	Judy

Wednesday		
9:00-10:00	**Chair Yoga Flow with Strength Training**	Bryann
10:15-11:15	**SPY**	Bryann

Thursday		
9:00-10:00	**Hatha Yoga Flow**	Judy

Friday		
9:00-9:45	**Fit and Fierce**	Deborah
10:00-10:50	**Restorative Yoga**	Elise
11:00-12:00	**SPY**	Bryann
12:15-1:00	**Zumba**	Sandy

Saturday		

Studio 2

Monday		
8:00-8:45	**Fitness with Julie**	Julie
9:00-9:45	**Functional Fitness**	Julie
10:00-10:45	**Kick Boxing**	Deborah
11:00-12:00	**Neuro Up: Cognitive Fitness for Dementia & Parkinsons**	Vickie

Tuesday		
9:00-9:50	**Zumba Tone**	Sandy
10:00-10:50	**Absolutely**	Ila
1:30-2:30	**Muscle Strength & Endurance**	Roberta

Wednesday		
8:00-8:45	**Total Body Conditioning**	Julie
9:00-9:45	**Chair Yoga w/Julie**	Julie
10:00-10:45	**Kickboxing**	Deborah
11:00-12:00	**Neuro Up: Cognitive Fitness for Dementia & Parkinsons**	Vickie

Thursday		
9:00-9:50	**Zumba Tone**	Sandy
10:00-10:50	**Absolutely**	Ila
1:30 -2:30	***Muscle Strength & Endurance***	Roberta

Friday		
8:00-8:45	**Power Burn**	Julie
9:00-9:45	**Chair Yoga w/Julie**	Julie
10:00-10:30	**Tai Chi**	Ila
11:00-12:00	**Neuro Up: Cognitive Fitness for Dementia & Parkinsons**	Vickie

Saturday		
9:00-10:00	**VinYasa Yoga**	Raj
10:15-11:15	**Pilates**	Bryann
11:15-12:15	**Strength Training**	Bryann



Cottonwood Palo Verde at Sun Lakes

PHYSICAL THERAPY
@CWPV FITNESS CENTER

Authority
PHYSICAL THERAPY & FITNESS

- REHABILITATION
- STRENGTH & CONDITIONING
- BALANCE/FALL PREVENTION



HOURS

MONDAY 9:00-4:00
TUESDAY 9:00-2:00
WEDNESDAY 10:00-5:00
THURSDAY 9:00-4:00

Book a free consultation here

No referral needed

*May be eligible for coverage under Medicare Part B

Dr. Murphy McCarty PT, DPT

480-485-7275

Questions?
murphy@authoritypt.com