



Cottonwood
Palo Verde



FITNESS ACTIVITY CENTER

Features:

- ✓ Strength Machines & Free Weights
- ✓ Group Fitness Classes
- ✓ Cardio Machines
- ✓ Therapy Pool
- ✓ 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

FITNESS ACTIVITY CENTER **LOCKERS** **NOW AVAILABLE**

Only \$25 a month

**Keep your personal
workout items safe!**

Individual Key / Combination Access

Master key access for

- Emergencies
- Maintenance
- Safety /security concerns
- Suspected prohibited items
- Nonpayment of locker rent
- Abandonment of the locker
- Other circumstances authorized by FAC Management or HOA Policy



**Ask the front desk
for more info**

Mindful Moments

with Debbie

Complaining is like being grateful for the stuff you don't want in your Life.

Complaining can sometimes mean we are focusing so much on what we don't like that we forget to be grateful for what we already have.

The things we take for granted may be things someone else is praying for, and even the challenges we face can teach us patience, strength and appreciation.

Instead of constantly focusing on what is wrong, try shifting your perspective to what is right.

Gratitude doesn't mean everything in life is perfect: It means choosing to appreciate the good without allowing the bad to steal your Peace.

Mindful Moments

with Debbie



When you allow the wrong people in
your house,
things may come up missing:
Joy, peace, love, hope & faith.
Choose wisely who you let visit.

NEW! POWER.UP

FREE KICKOFF CLASS

Friday, October 30 - 11:00 a.m.

Sun Lakes Cottonwood Palo Verde

**Ready to feel
stronger, steadier,
and more
energized?**



Power.Up is a fun, functional fitness class that combines energizing movement, brain-body exercises, balance training, and strength work to help you move with greater confidence in everyday life.

Power.Up can help you:

- Build strength for everyday activities
- Improve balance, stability, and confidence
- Increase energy, mobility, and endurance
- Support coordination and brain-body connection
- Feel stronger getting up, walking, carrying, reaching, and moving through daily life
- Exercise in a positive, welcoming group environment

Fridays at 11:00 a.m.

Neuro.Up for Parkinson's

Caregivers attend **FREE!**

Mondays & Wednesdays - 11:00 a.m.

Sun Lakes Cottonwood Palo Verde

**MOVE WITH
CONFIDENCE.
CONNECT WITH
OTHERS.
FEEL MORE LIKE
YOU.**



NeuroUp is a fun, supportive brain-body fitness class designed to help people living with Parkinson's improve strength, balance, coordination, energy, and confidence.

Enjoy purposeful movement, brain challenges, breathing and voice exercises, rhythm, and connection in an encouraging environment. Classes are adaptable for standing, seated, and modified participation.

for more information Contact: Vickie - 480-458-7497



Group Classes

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

Spots fill quickly—reserve** yours today:**

- **Register on the ClassFit App to attend a class**
 - If you have issues please call the FAC at 480-272-6484

***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

October Calendar 2026

Studio 1				Studio 2			
Monday				Monday			
				8:00-8:45	Fitness with Julie	Julie	
9:00-9:45	Balance and Stability	Roberta		9:00-9:45	Functional Fitness	Julie	
10:00-10:50	Restorative Yoga	Elise		10:00-10:45	Kick Boxing	Deborah	
				11:00-12:00	Neuro Up	Vickie	
12:15-1:00	Zumba	Sandy			Cognitive Fitness for Dementia & Parkinsons		
Tuesday				Tuesday			
9:00-10:00	Hatha Yoga Flow	Judy		9:00-9:50	Zumba Tone	Sandy	
				10:00-10:50	Absolutely	Ila	
				1:30-2:30	Muscle Strength & Endurance		
						Roberta	
Wednesday				Wednesday			
				8:00-8:45	Total Body Conditioning	Julie	
9:00-10:00	Chair Yoga Flow with			9:00-9:45	Chair Yoga w/Julie	Julie	
	Strength Training	Bryann		10:00-10:45	Kick Boxing	Deborah	
10:15-11:15	SPY	Bryann					
				11:00-12:00	Neuro Up	Vickie	
					Cognitive Fitness for Dementia & Parkinsons		
Thursday				Thursday			
9:00-10:00	Hatha Yoga Flow	Judy		9:00-9:50	Zumba Tone	Sandy	
				10:00-10:50	Absolutely	Ila	
				1:30 -2:30	Muscle Strength & Endurance	Roberta	
Friday				Friday			
				8:00-8:45	Power Burn	Julie	
9:00-9:45	Fit and Fierce	Deborah		9:00-9:45	Chair Yoga w/Julie	Julie	
10:00-10:50	Restorative Yoga	Elise		10:00-10:30	Tai Chi	Ila	
11:00-12:00	SPY	Bryann					
12:15-1:00	Zumba	Sandy					
Saturday				Saturday			
				9:00-10:00	VinYasa Yoga	Raj	
				10:15-11:15	Pilates	Bryann	
				11:15-12:15	Strength Training	Bryann	

Group Fitness Classes are \$5 except NEURO UP and BALANCE & STABILITY, the fee is \$10.



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



Dr. Murphy McCarty PT, DPT

☎ 480-485-7275



**Book a free
consultation here**



No referral needed

Questions?

murphy@authoritypt.com

*May be eligible for coverage under Medicare Part B