

FRUIT ORGANIC CALORIES BALANCE
NATURAL BEAUTY WELLNESS
WALK PLANNING REGENERATION LIFESTYLE
VITAMIN ASSESSMENT EAT EXERCISE ENERGY MOTIVATION WEIGHT LOSS HEALTHY TRAINING
WEIGHT LOSS PERFORMANCE NUTRITION TRANSFORMATION ENERGY PERFORMANCE

FITNESS



PERFORMANCE WEIGHT LOSS ACTIVE TRAINING TRANSFORMATION WALK IMPORTANT ENDURANCE ENERGY MOVE HEALTHY RESOLUTION CARDIO PERFORMANCE FOOD TRANSFORMATION FITNESS POWER MOTIVATION MARATHON FOOD ACHIEVE BODY



Complaining is Misplaced Gratitude

Complaining is a strange kind of gratitude-it's like giving thanks for the very things you don't want in your life.

Every time you dwell on what's wrong, you're feeding it attention, energy, and space to grow.

Instead of moving forward, you end up reinforcing the very circumstances you're trying to escape.

What you focus on expands, so when your words are filled with complaints, your life begins to echo that same negativity.

Shift your focus. Speak life over what you do want.

Gratitude for what is good will always move you further than dwelling on what is not.

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

COTTONWOOD PALO VERDE FITNESS CENTER



Now Booking
Group Classes
Through **ClassFit**

CLASSFIT

Fitness scheduling software specifically designed to help you navigate and schedule group fitness classes right here in our community

Download ClassFit App Today!



The easiest way to book a class is with the **ClassFit App**

Follow steps below to get ClassFit App and book a class today! Download on your iPhone/iPad or Android/Tablet

1

Download the App

- Open App Store (iPhone/iPad) or Google Play Store (Android)
- Search for ClassFit
- Tap Download or Install

2

Open the App

Once installed, open the ClassFit app

3

Create or Log Into Your Account

Sign Up if you are new or Log In if you already have an account

4

Finding Our Facility Through App

Search: *Cottonwood Palo Verde Fitness Center*

(Once you've booked a class, CWPV will always show up in your favorites)

Web Browser/Computer

[Click Here](#)

5

Book a Class

- Tap on Schedule or Classes
- Browse available classes
- Select the class you want
- Tap Book or Reserve

Please Note: We Are A Private Facility on ClassFit

We are a private fitness center for residents and approved members only. After creating your ClassFit account, your access may require approval before booking classes at our facility. If your account is pending, please call us or stop by the front desk and we will quickly approve you to start booking.

May Group Class Schedule

Studio 1

Studio 2

Monday

		11
9:00-9:45	Balance and Stability	Roberta
10:00-10:50	Restorative Yoga	Elise
11:15-12:15	Zumba	Sandy

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	Energy Up <i>Cognitive Fitness for Dementia & Parkinsons</i>	Vickie
1:30-2:30	Sail	Christine

Tuesday

10:15-10:45	Absoutely	Ila
11:00-12:00	Water Fit (to be held in therapy pool)	Bryann

Tuesday

9:00-9:50	Zumba Tone	Sandy
10:00-10:50	Hatha Yoga Flow	Margie
1:30-2:30	Muscle Strength & Endurance	Roberta

Wednesday

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

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	Energy Up <i>Cognitive Fitness for Dementia & Parkinsons</i>	Vickie

Thursday

9:00-9:50	Zumba Tone	Sandy
10:15-10:45	Absoutely	Ila
11:00-12:00	Water Fit (to be held in therapy pool)	Bryann
1:30-2:20	Muscle Strength & Endurance	Roberta

Thursday

9:00-9:45	Fit and Fierce	Deborah
10:00-10:50	Hatha Yoga Flow <i>(Week 1-3, Week 4 Yin Yoga)</i>	Margie
1:30 -2:30	Sail <i>Reserved for Sail Class</i>	Christine

Friday

10:00-10:50	Restorative Yoga	Elise
11:00-12:00	SPY	Bryann
12:15-1:00	Zumba	<u>Sandy</u>

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	Energy Up: Brain Boost in Motion	Vickie

Saturday

9:00-10:00	VinYasa Yoga	Raj

Saturday

10:15-11:15	Pilates	Bryann
11:15-12:15	Strength Training	Bryann

**** Group Fitness Classes will have a drop-in fee between(\$5-\$10)at the Beginning of each class**

Cottonwood Palo Verde Fitness Activity Center Guidelines

The Fitness Center Guidelines have been established to ensure your enjoyment and safety when using the facility. As a member, your cooperation & consideration in observing these policies is appreciated. Failure to comply with the guidelines could result in membership termination. These policies are fluid & the staff reserves the right to change them, as needed, at any time.

Hours of Operation (Subject to Change)

Monday – Thursday 5:00am - 7:00pm

Friday 5:00am - 6:00pm

Saturday 6:00am - 5:00pm

Sunday 6:00am - 4:00pm

Guest Policy

Guests who are staying with a homeowner are welcome to use the Fitness Center. Guests must present a valid Guest Card from Homeowner Services, present a valid ID and sign a waiver to use the Fitness Facility. Day passes are \$10 per visit to use the Fitness Center.

Membership Card

HOA2-homeowners are required to show their current HOA#2 homeowner cards when checking in to the Fitness Activity Center. All other HOA's are required to show their current HOA card to attend classes. The card must show current sticker showing dues are up to date. The card cannot be on your phone or a copy of paper.

Age Guidelines

FAC users must be at least 19 years old.

Cell Phone Use

- Cell phones must be set to silent.
- While using equipment - allowed only for video and/or music (with headphones).
- Verbal communication on phone is only allowed in the front entrance, bathrooms or preferred outside.
 - Phones may not be used on speaker mode while in the building.

General Behavior - All FAC users (members and guests) are expected to:

- Treat FAC staff with respect & respond appropriately to all staff requests.
- Treat the facility/equipment properly to maintain a clean & fully functioning operation.
- Report equipment malfunction, damage or unsafe conditions to the fitness staff or manager.
 - Act with character & courtesy, respecting the rights, dignity, & safety of others.
 - Abide by all FAC policies & guidelines.
 - Food is not allowed in any of the fitness areas.
- Water or sports drinks are allowed in the fitness areas; containers must be sealable & non-breakable.

Fitness Floor - General

- Allow others to use equipment if you are not actively performing an exercise set.
- Use a locker to store personal items - they cannot be taken to the fitness floor.
- No emotional outbursts or loud sounds (grunting or yelling) when working out.
- Wipe down (sweat drops & contact areas) with wipes located throughout the fitness center.

Equipment Use

Cardio Equipment

- Maximum of 30 consecutive minutes on any one piece of cardio equipment.
- Wipe down equipment (sweat drops & contact areas) with disinfectant wipes.
Do not wipe TV screens with cleaning wipes.
- Treadmills - users are only allowed to walk, jog or run facing the console (forward). Walking, or running backwards on the treadmill is not permitted at any time.
- Notify fitness desk or fitness manager about any malfunctioning equipment.

Weight Training Equipment

Free weights - dumbbells, barbells, kettlebells, etc.

- Do not drop weights on the floor, mats or on any surface - set them down in a controlled manner that minimizes impact.
- To ensure fair access for all residents, no more than two pieces of equipment may be used at one time for circuit training.
 - Wipe all free weight equipment & benches down with disinfectant wipes.
 - Replace all equipment to proper storage areas when finished using.

Sectorized Fixed-Axis Machines & Cable Resistance Machines

- Allow other users to use a station in between your exercise sets.
- Do not allow weight plates to drop; control the movement to set the weight plates down with minimal impact.
 - Wipe down equipment with disinfectant wipes.
 - Replace equipment, accessories & attachments to proper storage area.
 - Notify fitness desk or fitness manager about any malfunctioning equipment

Sauna Use:

- All Users must wear clothing when sitting in the Sauna
 - Wipe down bench & floor if wet after use

Facility Use

Group Fitness Studios

- Do not enter a Group Fitness Studio while a class is in session - if equipment or accessories need to be returned to studio #1 when a class is in session, please see the fitness desk.
- Return equipment & fitness accessories to the proper storage areas in each studio, all are marked as to where equipment is to be put.
 - You must be signed up and, on our list, to enter a Fitness Class.
 - Clean equipment & fitness accessories with disinfectant wipes or spray when finished.
 - Turn fans and/or lights off when finished using Studio #1.
- Notify fitness desk or fitness manager about any malfunctioning equipment or room issues.

Restrooms/Locker Rooms

- Keep voice down when using cell phone in these areas
- Do not leave personal items or valuables in these areas.
- Notify fitness desk about malfunctioning equipment or cleaning issues.

Group Fitness Classes

- A variety of exercise classes are offered for Fitness Center members. Monthly schedules can be found at the reception desk and online. Please make sure you are signed up for the classes that you are taking, by signing up on our [Classfit App](#).
- Classes are fee-based and instructors are independent contractors. Participants pay the group exercise instructor directly.
- HOA#2 residents have priority for participation in group fitness classes and must register for classes in advance, through the online registration process (instructions are available).
- Residents from other HOAs may participate in (and pay for) classes if a class is not full of HOA2 registrants. They can enter their names on a Class Wait List at the Fitness Desk or preferably on the ClassFit App. It is the individual's responsibility to check on class openings; the FAC staff are not responsible for contacting Wait List individuals.

Fee-Based Personal Training

There are handouts that contain detailed information about the personal training service options. These can be found at the FAC.

Lost & Found

Cottonwood Palo Verde is not responsible for lost, found, or stolen items. Inquire with the staff about lost items. Unclaimed lost and found items will be donated to charity periodically.

Emergency Procedures

- If you have a health emergency while in the Fitness Center, please notify the staff and/or call 911 for medical attention. First aid kits, AED are available if needed.
- In the event of a fire, an alarm will sound, you should exit the building at the nearest emergency exit and await further instructions.

Fitness Center Dress Code Policy:

To maintain a safe, clean, & respectful environment for all residents & guests, proper workout attire is required while using the fitness center. The following guidelines apply to all individuals using the facility.

Appropriate Workout Attire:

- All users must wear appropriate athletic clothing suitable for exercise, including:
 - o Athletic shirts, T-shirts, tank tops, or other workout tops
 - o Athletic shorts, leggings, sweatpants, or other fitness-appropriate bottoms
 - o Athletic footwear designed for exercise (closed-toe sneakers)
- Proper workout attire helps ensure safety while using equipment & promotes a comfortable environment for everyone.

Footwear Requirements:

- For safety reasons, closed-toe athletic shoes are always required when using fitness equipment.
 - The following footwear is not permitted:
 - o Sandals or flip-flops
 - o Slides or open-toe shoes
 - o Bare feet or socks only
 - o Hiking boots or work boots
 - o Any footwear not designed for exercise
 - Proper footwear helps prevent injuries, protects users & equipment.

Clothing That Is Not Permitted:

- The following attire is not considered appropriate for use in the Fitness Center:
 - o Pajamas or sleepwear
 - o Extremely short or revealing clothing
 - o Denim or clothing with exposed metal that may damage equipment
 - o Sports bras worn without a shirt or top covering
 - o Tops that are revealing midriff without a covering
 - o Clothing that may be considered inappropriate or offensive
 - o Cut off jean shorts

Hygiene & Cleanliness:

- For hygiene purposes:
 - o Shirts and shoes must be always worn.
- o Users should bring a towel when exercising & wipe down equipment after use.
- o Clothing should be clean & appropriate for a shared fitness environment.

Compliance:

Fitness center staff reserve the right to ask individuals to change attire or leave the facility if clothing does not meet the dress code requirements.