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

Fitness Activity Center News

Discover the Power of the Rowing Machine

Looking for an efficient, full-body workout that delivers maximum results in minimal time? Look no future than the rowing machine—often called the "ergometer" or "erg." Whether you are an experienced athlete or just starting your wellness journey, rowing offers an unparalleled cardiovascular and strength workout all in one smooth motion.

What Is a Rowing Machine?

A rowing machine is a stationary exercise device designed to mimic the action of watercraft rowing. By engaging a flywheel that uses air, water, or magnetic resistance, the machine allows you to slide back and forth on a rail while pulling a handle connected to a chain or strap.

The Key Benefits

- **Total-Body Engagement:** Contrary to popular belief, rowing isn't just an upper-body exercise. A proper stroke uses 60% legs, 20% core, and 20% arms and back, targeting major muscle groups simultaneously.
- **Low Impact, High Intensity:** Rowing builds endurance and burns high calories without putting heavy impact stress on your knees, hips, or ankles.
- **Postural Support:** Strengthening the posterior chain (glutes, hamstrings, back, and shoulders) helps combat the slumping effects of daily sitting.

What to Watch Out For

To get the most out of your row and prevent injury, form is everything:

1. **Drive with the Legs First:** Avoid pulling with your arms too early. Initiate the power through your heels, lean slightly back at the hips, and then pull the handle to your chest.
2. **Protect Your Lower Back:** Keep your chest lifted and avoid rounding your spine during the stroke.
3. **Start Slow:** Resistance on a rower reflects effort—focus on mastering smooth technique before increasing your pace.



Try It Out Today!

Head down to the Fitness Center today to try out our rowing machines. Our associates are always on hand to help you adjust your seat, check your technique, and get you rowing toward your fitness goals!

Dance Your Way Fit: Discover the Joy of Zumba!

Looking to shake up your exercise routine with something high-energy, social, and genuinely fun? Enter Zumba—the ultimate dance-fitness workout that feels more like a party than a trip to the gym. If you want to boost your cardiovascular health while moving to infectious rhythms, Zumba is the perfect addition to your weekly schedule.

What Is Zumba?

Zumba is an upbeat cardio workout that blends easy-to-follow dance choreography with energetic Latin and international music, including salsa, merengue, cumbia, and reggaeton.

Designed for all fitness levels, classes alternate between high- and low-intensity movements to create an interval-style, calorie-burning workout.

The Key Benefits

- **Full-Body Cardio:** Zumba gets your heart pumping, improving cardiovascular endurance while toning your core, legs, and glutes through continuous movement.
- **Mood & Energy Booster:** Moving to music triggers the release of endorphins, reducing stress and leaving you energized for the rest of the day.
- **Cognitive Sharpness:** Learning and following choreographic patterns keeps your mind engaged, improving coordination, balance, and spatial awareness.
- **Adaptable Intensity:** You control how deep you bend, how high you reach, and how fast you step, making it easy to tailor the intensity to your comfort level.



What to Watch Out For

To ensure a safe and enjoyable class, keep these simple tips in mind:

1. **Wear Proper Footwear:** Choose court shoes or supportive sneakers with minimal tread so you can pivot and slide smoothly without catching your soles on the floor.
2. **Protect Your Knees:** Avoid twisting your knees during side-to-side steps; always turn your entire foot and torso in the direction you are moving.
3. **Pace Yourself & Stay Hydrated:** Bring a water bottle and take breaks whenever needed—it's all about moving at your own speed and having fun!

Ready to Join the Party?

Ready to move, groove, and feel great? Reserve your spot for an upcoming Zumba class at the Fitness Activity Center (FAC). Spaces fill up fast, so log in and sign up today!

All fitness classes are taught by certified group exercise instructors. Class fees start at $5.00. For additional information, please call us at 480-895-1776.

Mindful Moments
with Debbie



Weekly Group Class Schedule

FAC - Studio 1

	9:00am	10:00am	11:00am	12:00pm	1:00pm
Mon	9:00-9:45 | Balance & Stability | Roberta	10:00-10:50 | Restorative Yoga | Elise	11:15-12:15 | Zumba | Sandy		
Tue		10:15-10:45 | Absolutely | Ila	11:00-12:00 | Water Fit | Bryann (Therapy Pool)		
Wed	9:00-10:00 | Chair Yoga Flow w/ Strength Training | Bryann	10:15-11:15 | SPY | Bryann			
Thur	9:00-9:50 | Zumba Tone | Sandy	10:15-10:45 | Absolutely | Ila 10:00-11:00 | Water Fit | Bryann (Therapy Pool)			
Fri		10:00-10:50 | Restorative Yoga | Elise	11:00-12:00 | SPY | Bryann	12:15-1:00 | Zumba | Sandy	
Sat	9:00-10:00 | VinYasa Yoga | Raj				
Sun					

**Group Fitness Classes fee starting at $5 per person per class. Payment is due at before the class begins.

August 2026

Weekly Group Class Schedule

Cottonwood Palo Verde at Sun Lakes

FAC - Studio 2

	8:00am	9:00am	10:00am	11:00am	12:00pm	1:00pm	2:00pm
Mon	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 | Vickie (Cognitive Fitness for Dementia & Parkinsons)			
Tue		9:00-9:50 | Zumba Tone | Sandy	10:00-10:50 | Hatha Yoga Flow | Judy				1:30-2:30 | Muscle Strength & Endurance | Roberta
Wed	8:00-8:45 | Total Body Conditioning | Julie	9:00-9:45 | Chair Yoga w/Julie | Julie	10:00-10:45 | Kick Boxing | Deborah	11:00-12:00 | Neuro Up | Vickie (Cognitive Fitness for Dementia & Parkinsons)			
Thur		9:00-9:45 | Fit and Fierce | Deborah	10:00-10:50 | Hatha Yoga Flow | Judy				1:30-2:30 | Muscle Strength & Endurance | Roberta
Fri	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 | Vickie (Cognitive Fitness for Dementia & Parkinsons)			
Sat			10:15-11:15 | Pilates | Bryann	11:15-12:15 | Strength Training | Bryann			
Sun							

**Group Fitness Classes fee starting at $5 per person per class. Payment is due at before the class begins.

August 2026

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 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