

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



# Alter Your Habits, Alter Your Outcome

A bald eagle is shown in flight, its wings spread wide, against a clear blue sky. The eagle is the central focus of the image, with its white head and neck contrasting with its dark feathers. The background is a gradient of blue, suggesting a clear sky.

**Real, lasting change doesn't happen all at once-it's built in the small moments of everyday life.**

**When you win the minute, you begin to win the hour; and you win the day, and before long, you're winning the week, the month, and beyond.**

**Those small wins are shaped by the habits you choose. Every decision-to move your body, to think better thoughts, to stay consistent-creates momentum.**

**Over time, those habits become your lifestyle, and your lifestyle shapes your results.**

**Remember, you don't have to do everything perfectly-you just have to keep showing up.**

**Alter your habits, and you'll alter your outcome... One minute, One choice, One win at a time.**

# 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.

**Coltonwood Palo Verde Fitness Activity Center  
April 2026 Class Schedule | Studio 1**

| <b>Times</b>     | <b>Class Topic</b>                     | <b>Instructor</b> |
|------------------|--|-------------------|
| <b>Monday</b>    |  |                   |
| 9:00-9:45        | Balance and Stability                  | Roberta           |
| 10:00-10:50      | Restorative Yoga                       | Elise             |
| 12:15-1:00       | Zumba                                  | Sandy             |
| <b>Tuesday</b>   |  |                   |
| 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            |
| <b>Wednesday</b> |  |                   |
| 10:15-11:15      | SPY                                    | Bryann            |
| <b>Thursday</b>  |  |                   |
| 9:00-9:50        | Zumba Tone                             | Sandy             |
| 10:15-10:45      | Absoutely                              | Ila               |
| 1:30-2:20        | Muscle Strength & Endurance            | Roberta           |
| <b>Friday</b>    |  |                   |
| 10:00-10:50      | Restorative Yoga                       | Elise             |
| 11:00-12:00      | SPY                                    | Bryann            |
| 12:15-1:00       | Zumba                                  | Sandy             |
| <b>Saturday</b>  |  |                   |
| 9:00-10:00       | VinYasa Yoga                           | Raj               |

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

## Cottonwood Palo Verde Fitness Activity Center | Class Schedule | Studio 2

| Times            | Class Topic   | Instructor |
|------------------|---|------------|
| <b>Monday</b>    |   |            |
| 8:00-8:45        | Fitness with Julie                                      | Julie      |
| 9:00-9:45        | Functional Fitness                                      | Julie      |
| 10:00-10:45      | Kick Boxing   | Deborah    |
| 11:00-11:45      | Energy Up (Cognitive Fitness for Dementia & Parkinsons) | Vickie     |
| 1:30-2:30        | Sail  | Christine  |
| <b>Tuesday</b>   |   |            |
| 10:00-10:50      | Hatha Yoga Flow   | Judy       |
| 1:30-2:30        | Muscle Strength & Endurance                             | Roberta    |
| <b>Wednesday</b> |   |            |
| 8:00-8:45        | Total Body Conditioning                                 | Julie      |
| 9:00-9:45        | Chair Yoga  | Julie      |
| 10:00-10:45      | Kickboxing  | Deborah    |
| 11:00-11:45      | Energy Up (Cognitive Fitness for Dementia & Parkinsons) | Vickie     |
| <b>Thursday</b>  |   |            |
| 9:00-9:45        | Fit and Fierce  | Deborah    |
| 10:00-10:50      | Hatha Yoga Flow   | Judy       |
| 1:30 -2:30       | Sail  | Christine  |
| <b>Friday</b>    |   |            |
| 8:00-8:45        | Power Burn  | Julie      |
| 9:00-9:45        | Power Chair Yoga  | Julie      |
| 10:00-10:30      | Tai Chi   | Ila        |
| 11:00-11:45      | Energy Up: Brain Boost in Motion                        | Vickie     |
| <b>Saturday</b>  |   |            |
| 10:15-11:15      | Pilates   | Bryann     |
| 11:15-12:15      | Strength Training                                       | Bryann     |

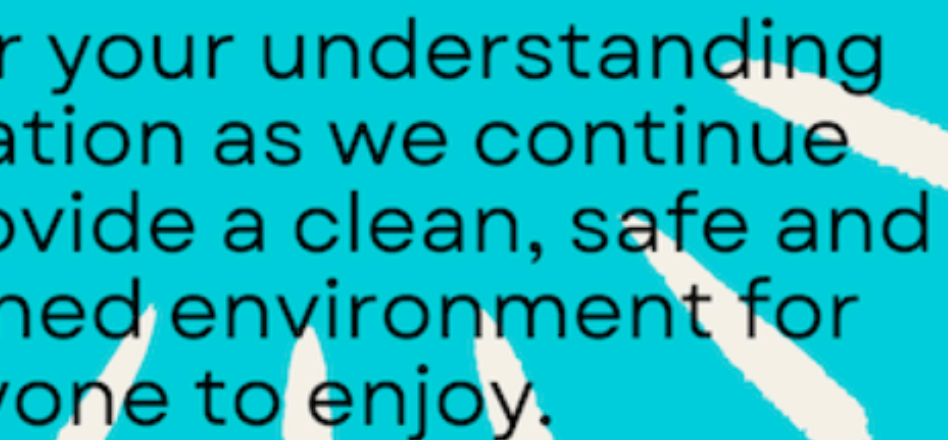


# ATTENTION!

**Beginning May 1, 2026**

Daily Guest Pass to the Fitness Center  
will be **\$10**

Thank you for your understanding  
and cooperation as we continue  
working to provide a clean, safe and  
well maintained environment for  
everyone to enjoy.



# FITNESS ACTIVITY CENTER



## *REMINDER*

To access the Fitness Activity Center, one of the following valid forms of identification is required:

- Original Homeowners Card
- Renters Card
- Guest Card (\$5/Day Fee purchased at the FAC)
- No Photos of ID on phones will be accepted

These are the requirements created by your HOA to protect our homeowners.

## FAC USE RESTRICTION

- Per Board Policy 8-02A: Homeowners, guests, renters and associate members who have attained the age of at least 19 years may utilize exercise and fitness equipment.
- Guests of the FAC must have a valid guest pass and pay the daily guest user fee.

## GUEST PASSES

- If you are expecting family and friends over the holidays, get your guest passes ahead of time to avoid lines.
- REMEMBER: guests require a pass to use any of the amenities if they are not with you.
- Guest passes are required at the FITNESS ACTIVITY CENTER along with a \$5/day fee (Price increases. to \$10/day May 1)