Cottonwood Palo Verde Fitness Center

ATTENTION GUESTS

PASS REQUIRED

TO ACCESS THE FITNESS FACILITY ALL GUESTS MUST

1. Present HOA-issued guest pass & valid photo ID
2. Pay $5.00/day

NO PHONE PHOTOS OF IDS OR PASSES ACCEPTED

Thank You!

Cottonwood Palo Verde Fitness Center

DID YOU KNOW

WE OFFER

FREE ORIENTATION CLASSES

FOR ANYONE WHO'D LIKE TO LEARN HOW TO USE OUR EXERCISE & CARDIO MACHINES

These sessions are a great way to build confidence, learn proper technique, and get the most out of your workouts.

Led by gayla, She is incredibly knowledgeable and patientwhen showing members how to safely and effectively use the equipment.
Whether you're brand new to the gym or just need a refresher, gayla will guide you step-by-step.

Remember, we're always here to help, encourage, and motivate you on your fitness journey!

Ask us how to learn more!

CHOOSE YOUR PATH

IN LIFE YOU CAN HAVE RESULTS OR YOU CAN HAVE EXCUSES—BUT NOT BOTH. EXCUSES KEEP YOU STUCK, WHILE RESULTS COME FROM TAKING OWNERSHIP, PUSHING THROUGH OBSTACLES, AND STAYING COMMITTED. THE JOURNEY MAY BE UNCOMFORTABLE, BUT THE REWARD OF GROWTHA GROWTH AND PURPOSE IS ALWAYS WORTH MORE THAN ANY EXCUSE.

THE PATH TO RESULTS IS TAKING OWNERSHIP.

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**

Exercise Class Participation Rules

To ensure fairness, safety, and respect for our instructors and members, the following class policies are in place:

1. Class Registration Required
All participants must be signed up for the specific class they wish to attend.
You may register by:

- Calling the **Front Desk**, or
- Using the **Vagaro App**

2. HOA Priority

- **Cottonwood / Palo Verde HOA #2 residents** receive first priority for all classes.
- **Oakwood, Ironwood, and Sun Lakes residents** will automatically be placed on a **waitlist**.
- On the **day of class**, if there are open spots, waitlisted participants will be notified by **text or email** that they have been added.

3. Check-In is Required
When you enter the fitness center, you must **check in at the front desk**.
Staff will check you off on the class roster.

If you are **not on the list**, you will be asked to wait to see if space becomes available.

4. Cancellation Responsibility
If you are unable to attend a class, **you must cancel** through Vagaro or by calling the front desk.
This allows others to take your place and shows respect for our instructors' time.

5. No-Show Policy
If you do not cancel and do not attend, you will be placed on a **No-Show List**, which may affect future class registration privileges.

These guidelines help keep our classes organized, fair, and enjoyable for everyone.
Thank you for your cooperation and for helping us create a positive fitness community!

Cottonwood Palo Verde Fitness Activity Center
March Calendar 2026

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

10:15-10:45	Absoutely	Ila

Wednesday

10:15-11:15	SPY	Bryann

Thursday

9:00-9:50	Zumba Tone	Sandy
10:15-10:45	Absoutely	Ila
1:30-2:20	Muscle Strength & Endurance	Roberta

Friday

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

Saturday

9:00-10:00	VinYasa Yoga	Raj

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	Energy Up *Cognitive Fitness for Dementia & Parkinsons*	Vickie
1:30-2:30	Sail	Christine

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

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

Thursday

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

Friday

8:00-8:45	Power Burn	Julie
9:00-9:45	Power Chair Yoga	Julie
10:00-10:30	Tai Chi	Ila
11:00-12:00	Energy Up: *Brain Boost in Motion*	Vickie

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***

GROUP FITNESS CLASSES

◇ = Low Intensity
◇◇ = Medium Intensity
◇◇◇ = High Intensity

Absolutely ◇ / ◇◇
Exercises for Core, Trunk, Stabilization and Balance. We will use mats, weights, bands, and balls to increase the efficient use of the abdominal muscles. Please wear comfortable workout clothing and have the proper shoe attire. Bring plenty of water to keep our bodies hydrated.

Balance and Stability◇ / ◇◇
Specialty Class for Balance and Core Strength. As we age, it is important to be able to stand upright and steady as we carry out our activities of daily living and reduce the risk of falling. This class is set to music with a safe, controlled tempo and features exercises designed to improve balance, posture, core strength, and hand-eye coordination. Chairs are available for anyone who would like extra support, making it a safe and effective option for all fitness levels."

Chair Yoga ◇
One of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

Energy Up - Movement & Brain Health Program ◇ / ◇◇ / ◇◇◇
For Dementia, Alzheimer's, Parkinson's & Their Caregivers
Give your loved one – and yourself – a safe, uplifting place to move, connect, and feel supported. Energy Up is a gentle movement and brain-health class for people living with dementia, Alzheimer's, Parkinson's,and the caregivers who walk beside them.

Muscle Strength and Endurance ◇ / ◇◇
This class combines cardio and muscle toning all in one high/low workout. Lots of band work and a total body, heart pumping, aerobic and strength conditioning workout!

Fitness With Julie ◇◇ / ◇◇◇
Full body Monday morning workout to get your week off to a great start! Be surprised each week as Julie guides you through tried-and-true workouts. All levels are welcome to join a supportive group as we combat osteoporosis, build muscle as well as get our heart rate up and burn calories!

Fit and Fierce ◇◇ / ◇◇◇
Unleash your strength with this dynamic full body workout that blends weights, medicine balls, resistance bands, kickboxing (with gloves & bags, and bodyweight exercises. Designed to challenge every muscle group. Whether you're looking to tone up, push your limits or just feel fierce, this class offers all fitness levels with modifications provided.

Functional Fitness ◇ / ◇◇
This class focuses on total body and core strength while incorporating light cardiovascular work. Utilizing a variety of equipment, each class includes balance, stretching, mind exercises, strength and activities of daily living. This is the perfect all-around class for seniors in one workout and can be done standing or sitting.

Hatha Yoga Flow ◇◇ / ◇◇◇
Challenging flow-style class (Sun Salutations) designed for the fit and healthy. Gain strength, balance, and flexibility. Breathe, move, stretch, and relax. Modifications will be offered for different levels of ability. However, this class is not suitable for those who wish to do yoga in a chair.

Kickboxing ◇ / ◇◇ / ◇◇◇
This electrifying fusion of kickboxing (**gloves are mandatory**) and strength training creates the perfect balance for your entire body. Enjoy a mixture of boxing that you love while simultaneously sculpting your body with weights, medicine ball, and core exercises. Open to all skill levels. You will need gloves and a positive attitude.
Boxing Gloves needed for this kickboxing class.

Pilates ◇◇ / ◇◇◇
A system designed to strengthen the body through the core, spine, and breath. It helps with core strength, improves fitness and well-being, focuses on balance, flexibility, and coordination. Learn body awareness through controlled movements. Low impact while restoring natural posture and improving body alignment. This class is offered on a mat, a chair, or a combination of both. All fitness levels are welcome!

Power Burn ◇◇◇
Looking for a nice change in your fitness routine that hits every muscle group? This class offers combinations of interval cardio and strength training movements that will get your heart rate up and feel superior at the end of each class.

Power Chair Yoga ◇ / ◇◇ / ◇◇◇
This class uses light weights and the use of a chair, as the instructor guides you through poses that will cultivate strength, flexibility, and body centered restful awareness. This class is for everyone; challenges and modifications will be offered.

GROUP FITNESS CLASSES (CONT'D)

Restorative Yoga ◊ / ◊◊
Restorative Yoga is done at a slow pace, focusing on long holds, stillness, and deep breathing. Done on the floor, yoga props are used for support to help the body fully relax. **Bring a couple of beach towels to roll up for bolsters**. Recharge, relax, and restore with this class! **Blankets not provided.**

SAIL (Stay Active & Independent for Life) ◊ / ◊◊
An evidence-based fall prevention program created by the Washington State Public Health Department. A mixture of aerobics, balance and strength training that can be done seated or standing. The best way to prevent falls is to stay fit. SAIL is a good place to start and continue for fitness levels I and level II.

SPY ◊ /◊◊ / ◊◊◊
A new and innovative way to merge 3 fitness classes into ONE! Stretch, Pilates and Yoga. The perfect class for the fitness enthusiast! Brings together the Benefits of all 3 disciplines at one time!

Strength Training ◊◊ / ◊◊◊
Essential to staying strong and vital during adulthood. It can benefit health by improving mobility, maintaining or increasing muscle mass, can increase energy levels and prevent osteoporosis by increasing bone density. We use free weights, bands, and balls for a bull body workout. Join the fun and get stronger, live longer.

Tai Chi ◊ / ◊◊
Gentle flowing combination of Tai Chi movements that improve balance, flexibility and peace of mind. Tai Chi has low impact movements, easy to follow, and perfect for all fitness levels. No experience needed-just enjoy the benefits of movement and relaxation.

Total Body Conditioning ◊◊ / ◊◊◊
High Intensity Interval Training allows you to burn more calories all day long. Let's build muscles, bone, practice cardio and proprioception. This class is for all levels, move at your own pace, sweat and have fun!

Vinyasa Yoga ◊ / ◊◊
Vinyasa Yoga-Experienced in all styles of Yoga. Emphasizes comfort and stability, prioritizes safety and breathing. Teaching the in-depth understanding of physical and philosophical aspects of Yoga.

Yin Yoga ◊◊ / ◊◊◊
The yin style of yoga is done holding into various poses while lying or sitting down on a yoga mat. The deep holding of poses targets connective tissue of muscles and joints especially in the hips and spine to help with range of motion and release tension along fascial lines of the body. The practice of yin is done with a mindful awareness of the breath to calm the nervous system and balance the meridians of the body. The class includes the use of props including blankets, blocks, and straps as well as essential oils and sound healing.

Zumba ◊ / ◊◊
Zumba is a fusion of Latin and International music. Utilizing dance themes that create a dynamic, exciting, effective fitness system. The goal is to have everyone smiling and sweating!

Zumba Tone ◊ / ◊◊
Zumba Toning is perfect for those who want to party with extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using light weights, helps to focus on specific muscle groups, keeping them engaged. Enhances sense of rhythm and coordination, while toning target zones, including arms, core, and lower body.

Levels are stated as ◊ / ◊◊ / ◊◊◊ because the participant will determine how hard or intense he or she will work in the classes.

For more information about classes and the registration process, please contact the Fitness Desk at 480-895-1776, Ext: 380