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



Mindful Moments
with Debbie



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.

neuro • up
for Parkinson's Disease



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 Policies

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

Hoursof Operation
The Fitness Center is open:

- Monday - Thursday 5:00am- 7:00pm
- Friday 5:00am- 6:00pm
- Saturday 6:00am- 5:00pm
- Sunday 6:00am-4:00pm

Hours are subject to change.

GuestPolicy
Guests who are staying with a homeowner are welcome to use the Fitness Center. Guests must present a valid Guest Card from Homeowner Services and 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.

AgePolicy
FAC users must be at least 19 years old.

CellPhoneUse

- 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.

Sauna Use:

- All Users **must** wear clothing when sitting in the Sauna
- Wipe down bench and floor if wet after use
- Do not put water, towelettes or towels on the Sauna Sensor

Fitness Center Restroom and Dressing Room Use Policy:

- The women's and men's restrooms and dressing rooms are provided for restroom use, changing clothes, personal hygiene, and other reasonable activities directly related to fitness center use.
- These areas may not be used for prolonged occupancy unrelated to their intended purpose, including extended phone conversations, eating meals, or remaining in dressing areas for hours after scheduled classes or workouts have concluded.
- Members are expected to respect the privacy, comfort, and reasonable access needs of others. Staff may address inappropriate or excessive use of these areas and refer repeated violations to Fitness Center Management.
- Repeated violations will be documented and referred to the General Manager for review and appropriate action in accordance with HOA governing documents and facility policies.

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

- Treat FAC staff with respect and respond appropriately to all staff requests.
- Treat the facility/equipment properly to maintain a clean and fully functioning operation.
- Report equipment malfunction, damage or unsafe conditions to the Fitness staff or Manager.
- Act with character and courtesy, respecting the rights! dignity and safety of others.
- Abide by all FAC policies and 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 and 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.

Locker Rentals:

- Lockers can be rented for $25 per month
- Personal items may be stored in any unlocked locker but must be taken out daily unless locker is rented.

Equipment Use

Cardioequipment

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**.
- **Please, do not lean on or place arms or body weight on the treadmill console or display**. (per Life Fitness T3 Owner's Manual) for your safety & risk of falls. This also places stress on the console mounting hardware, which is designed to house electronics-not support body weight.
- 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, the mats or on any surface - set them down in a controlledmanner 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 and benches down with disinfectant wipes.
  - Replace all equipment to proper storage areas when finished using.
- Sectorized Fixed-Axis Machines and 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 and attachments to proper storage area.

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 and 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.

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- Clean equipment and 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

- Avariety 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 app. It is the individual's responsibility to check on class openings -the FAC staff are not responsible for contacting Wait List individuals.

- Please arrive at least 5 minutes before class begins. Once the doors are shut and the class begins, there will be no entrance.

Fee-Based Personal Training

There arehandouts that containdetailed information about the personal training service options. These can be found at the FAC.

Lost and Found

CottonwoodPaloVerde 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

Ifyouhaveahealthemergency 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 and you should exit the building at the nearest emergency exit and await further instructions.

Fitness Center Dress Code Policy:

To maintain a safe, clean, and respectful environment for all residents and 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:
· Athletic shirts, t-shirts, tank tops, or other workout tops
· Athletic shorts, leggings, sweatpants, or other fitness-appropriate bottoms
· Athletic footwear designed for exercise (closed-toe sneakers)

Proper workout attire helps ensure safety while using equipment and 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**:
·Sandals or flip-flops
·Slides or open-toe shoes
·Bare feet or socks only
·Hiking boots or work boots
·Any footwear not designed for exercise

Proper footwear helps prevent injuries and protects both users and equipment.

Clothing That Is Not Permitted:

The following attire is not considered appropriate for use in the fitness center:
·Pajamas or sleepwear
·Extremely short or revealing clothing
·Denim or clothing with exposed metal that may damage equipment
·Sports bras worn without a shirt or top covering

Tops that are revealing midriff without a covering
·Clothing that may be considered inappropriate or offensive
-Cut off jean shorts

Hygiene and Cleanliness

For hygiene purposes:
·Shirts and shoes must be always worn.
·Users should bring a towel when exercising and wipe down equipment after use.
·Clothing should be clean and 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.

Fitness Center Personal Assistant / Caregiver Policy
Purpose

The Fitness Center is committed to providing equal access to residents with disabilities while also maintaining a fair, safe, and consistent guest policy for all members and residents.

Personal Assistants and Caregivers

Aresident whohas a disability or other documented need for assistance may request that a personal assistant, caregiver, or other support person accompany them to the Fitness Center when that individual's assistance is reasonably necessary for the resident to access or use the facility.

Examples may include assistance with:

- Entering or exiting the Fitness Center
- Navigating the facility
- Transferring to or from equipment
- Assistance related to a mobility limitation
- Communication or other disability-related needs
- Other assistance reasonably necessary for the resident to independently access and use the Fitness Center

The Fitness Center will consider reasonable accommodation requests on an individual basis and will not require an individual with a disability to pay an additional fee solely because an accommodation is necessary for equal access.

When the Accompanying Person Wants to Work Out

Apersonal assistant orcaregiver whoisaccompanyingaresident solely to provide necessary assistance is not considered an independent Fitness Center user.

However, if the accompanying individual wishes to independently use the Fitness Center's equipment, participate in group fitness classes, or otherwise use the Fitness Center for their own recreational or fitness purposes, they are considered a guest and must comply with the Fitness Center's standard guest policy, including any applicable guest fee and guest registration requirements.

The fact that an individual is employed as a driver, caregiver, or personal assistant does not, by itself, provide free independent access to the Fitness Center.

Example

If aresident requires a caregiver to accompany them because they cannot safely navigate the Fitness Center independently, the caregiver may accompany the resident to provide the necessary assistance.

If the resident is fully capable of using the Fitness Center independently and the accompanying person is not needed to provide assistance, but wants to work out while the resident exercises, the accompanying person is considered a guest and must follow the normal guest policy.

Management Review

Any unusual or disputed accommodation request should be referred to the Fitness Center Manager and, when appropriate, the HOA General Manager or association counsel for review before a final determination is made.

Cottonwood Palo Verde Fitness Activity Center
November 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

9:00-10:00	Hatha Yoga Flow	Judy

Wednesday

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

Thursday

9:00-10:00	Hatha Yoga Flow	Judy

Friday

9:00-9:45	Fit and Fierce	Deborah
10:00-10:50	Restorative Yoga	Elise
11:00-12:00	SPY	Bryann

Saturday

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	Neuro Up	Vickie

CognitiveFitnessforDementia &Parkinsons

Tuesday

9:00-9:50	Zumba Tone	Sandy
10:00-10:50	Absolutely	**Ila**
1:30-2:30	Muscle Strength & Endurance	**Roberta**

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	Neuro Up	Vickie

Cognitive Fitness for Dementia & Parkinsons

Thursday

9:00-9:50	Zumba Tone	Sandy
10:00-10:50	Absolutely	**Ila**
1:30 -2:30	Muscle Strength & Endurance	**Roberta**

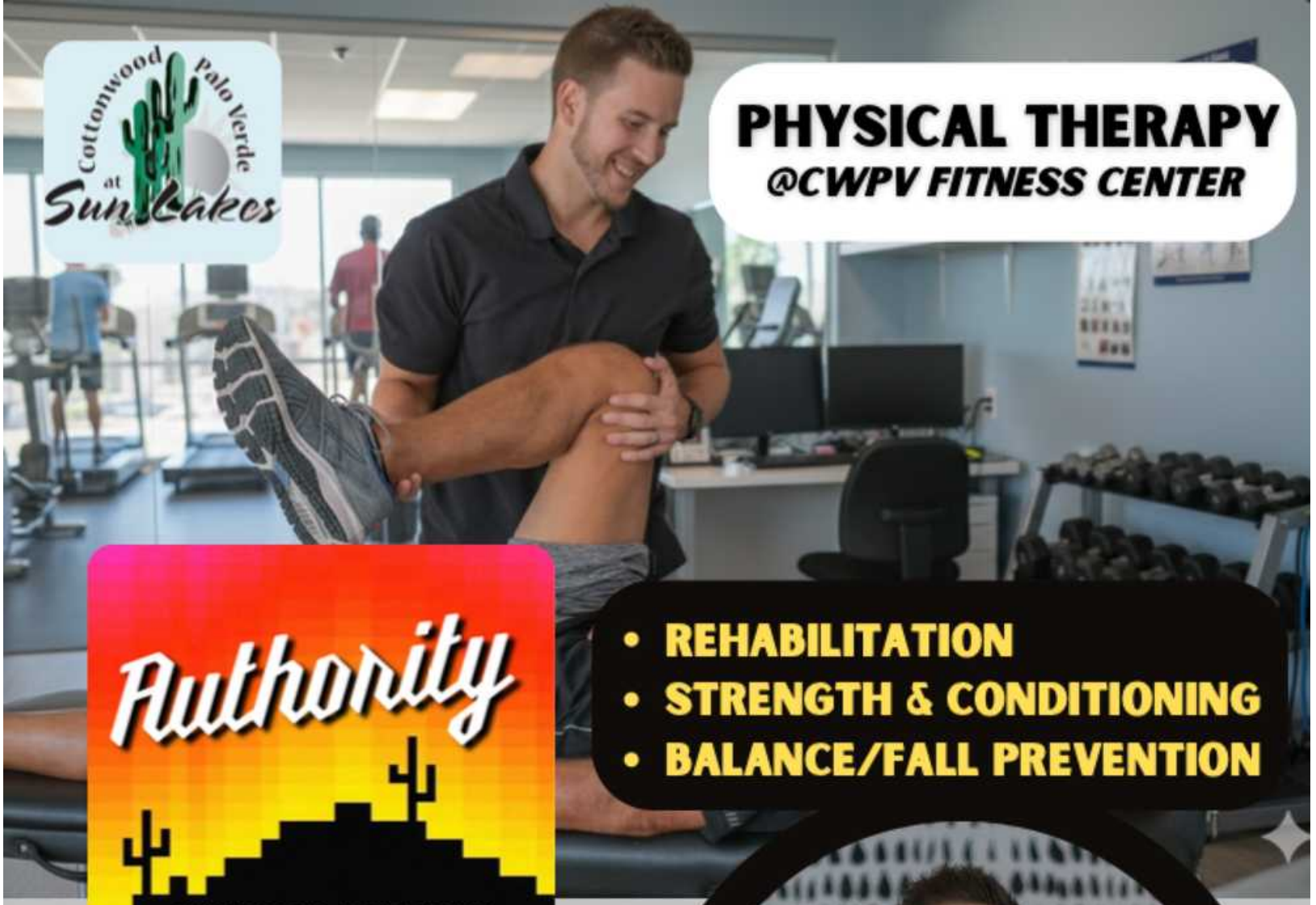
Friday

8:00-8:45	Power Burn	Julie
9:00-9:45	Chair Yoga w/Julie	Julie
10:00-10:30	Tai Chi	Ila
11:00-11:45	Power Up	Gina
12:15-1:00	Zumba	Sandy

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.



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