

# MEET OUR NEW PT

Now serving  
Sun Lakes  
community

## Dr. Murphy McCarty PT, DPT



*Authority*  
PT

480-485-7275



Tuesdays &  
Thursdays  
8:00 - 12:00  
@ CWPV  
Fitness  
Activity  
Center

Growing up in the Midwest taught Dr. Murphy grit, but there was an undeniable desire to seek adventure outside of his native Wisconsin. After graduating with his bachelor's in Exercise Science from Marquette U. in 2008, he set off to California for grad school where he met his wife Lisa. Their journey continued as PTs across 7 states before landing in Arizona. Living in the Valley has given Dr. Murphy a new appreciation for the outdoors, and he never takes a sunny day for granted. Now a father of two (Millie, 6 and Mace, 3), his children have brought the playground back into his life which inspires him to share that same spark of energy with his clients.

Authority PT was started in 2021 to better serve the healthcare needs of older adults by bridging the gap between rehabilitation and fitness. Dr. Murphy's unique background as both a personal trainer and physical therapist allows him to understand how each individual is built different, requiring a personalized approach to improving structure, function and quality of life. Starting out of his own garage gym, he realized that huge results could be achieved with a simple program and minimal equipment required. Dr. Murphy is passionate about challenging people to live optimally by moving better and building sustainable habits to enjoy life to the fullest. Whether you have an extensive health/injury history or are looking to take your performance to the next level, Dr. Murphy can help you reach your goals!

## SERVICES OFFERED



### PHYSICAL THERAPY

- Pre/Post-op Rehabilitation
- Pain Management
- Neuro Re-Education
- Balance & Fall Prevention
- Functional Mobility Training



### FITNESS COACHING

- Strength & Conditioning
- Mobility/Flexibility
- Endurance
- Weight Loss
- Sports Performance



### VIRTUAL PT

- Digital Programming
- Habit Tracking
- Daily Accountability
- Health Metric Analysis
- Longevity Education

## SCHEDULE A FREE ASSESSMENT @ CWPV FITNESS CENTER

\*In-Home visits  
available upon  
request



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🌐 authoritypt.com

✉️ murphy@authoritypt.com

📞 480-485-7275

## WATER

You can now purchase water at the  
FAC Front Desk for \$1.00

## GUEST PASSES

If you are expecting family and friends over the Holidays, get your Guest Passes AHEAD of TIME to avoid the 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!**



## Cottonwood Palo Verde Fitness Activity Center September Calendar 2024

Studio 1			Studio 2		
<b>Monday</b>			<b>Monday</b>		
8:30-9:15am	Brains & Balance	Roberta	8:00-8:45am	Fitness with Julie	Julie
12:15-1:15pm	Zumba	Sandy	9:00-9:45am	Functional Fitness	Julie
			11:00-12:00pm	Total Knockout (Neurological Assistance)	Deborah
			12:30-1:20pm	SAIL (6 week class-Sept. 23-Nov. 11)	Christine
			1:30-2:20pm	Chair Dance	Eileen
<b>Tuesday</b>			<b>Tuesday</b>		
9:00-10:00am	Zumba Tone	Sandy	9:00-9:45am	Kickboxing	Deborah
11:30-12:20pm	Zumba	Eileen	10:00-11:00am	Hatha Yoga Flow	Margie
			11:30-12:20pm	Belly Dancing (Starting Oct. 1)	Laura
			1:30-2:30pm	Daily Burn	Roberta
<b>Wednesday</b>			<b>Wednesday</b>		
10:15-11:15am	SPY	Bryann	8:00-8:45am	Cardio Kickboxing	Julie
11:00-12:00pm	Personal Training		9:00-9:45am	Chair Yoga	Julie
			10:00-10:45am	Kickboxing	Deborah
			11:00-12:00pm	Total Knockout (Neurological Assistance)	Deborah
			1:30-2:20pm	Chair Dance	Eileen
<b>Thursday</b>			<b>Thursday</b>		
8:45-9:45am	Zumba Tone	Sandy	9:00-9:45am	Full Body Conditioning	Deborah
11:30-12:20pm	Zumba	Eileen	10:00-11:00am	Hatha Yoga Flow (1st & 3rd week)	Margie
			10:00-11:00am	Yin Yan Yoga (2nd & 4th week)	Margie
			11:30-12:20pm	Belly Dancing (Starting Oct. 1)	Laura
			12:30-1:20pm	SAIL (6 week class-Sept. 23-Nov. 11)	Christine
			1:30-2:30pm	Daily Burn	Roberta
<b>Friday</b>			<b>Friday</b>		
11:00-12:00pm	Restorative Yoga (Coming Soon)	Elise	8:00-8:45am	Power Burn	Julie
12:15-1:15pm	Zumba	Sandy	9:00-9:45am	Power Chair Yoga	Julie
			11:00-12:00pm	Total Knockout (Neurological Assistance)	Deborah
<b>Saturday</b>			<b>Saturday</b>		
9:00-10:00am	VinYasa Yoga	Raj	10:15-11:15am	Pilates	Bryann
			11:15-12:15pm	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

### **Brains & Balance** ◇ / ◇◇

Brains & Balance is a specialty class that focuses on staying mentally sharp and physically stable. 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. The Brains portion of the class will focus on combining simple exercises in fun and unique ways to challenge proprioception by engaging the brain to process and follow instructions while executing various patterns of movement. The Balance exercises will strengthen and stretch all the muscles important for stability, balance, and posture at each joint of the body. Participants will be standing and moving during the entire class. Chairs will be provided for those who require modifications or need to rest.

### **Cardio Kickboxing** ◇◇◇

This class will keep you on your toes. This class combines cardio kickboxing and strength training to give you a total body workout. Challenge yourself to train your body like you've never done before! If you don't mind a little sweat, this is the class for you.

### **Chair Dance** ◇

Think you can't dance? Try it in a chair!! This exciting class will give you a total body workout while sitting and/or standing using a chair for support. Lively music and choreography will keep you smiling and fit! Wheelchairs/walkers welcomed!

### **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.

### **Daily Burn** ◇ / ◇◇

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** ◇◇

This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

### **Full Body Conditioning** ◇◇ / ◇◇◇

A fun class that you will love! Work all major muscle groups in just 45 minutes. Total body workout challenging your body using a variety of equipment, exercises, drills with a mix of cardio, strength training, balance, core and flexibility.

### **Functional Fitness** ◇

This class will focus on total body and core strength while incorporating light cardiovascular work. It is the perfect way for all seniors to get strength and cardio work in the same workout. This class may be done seated or standing and may utilize a variety of equipment.

### **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 and strength training creates the perfect balance for your entire body. Enjoy a mixture of the boxing that you love while simultaneously sculpting your body with weights, medicine ball, kettlebells and core exercises. Open to all skill levels. You will need gloves and a positive attitude.

### **Pilates** ◇◇ / ◇◇◇

A system designed to strengthen the body through the core, spine, and the 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!

### **PowerBurn** ◇◇◇

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 feeling 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.

### **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 bath or beach towels to roll up for bolsters. Recharge, relax, and restore with this class!

## GROUP FITNESS CLASSES (CONT'D)

### **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 full body workout. Join the fun and get stronger, live longer.

### **Total Knockout (Neurological Assistance)** ♦

A series of standing and seated movement exercises, sometimes using props such as punching bags, balance pads, and balls to promote strength, flexibility and balance. Participants are given tools through rhythm, and movement sequences that help agility and mobility associated with Parkinson's.

### **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 Yan Yoga** ♦♦ / ♦♦♦

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.

### **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*



## Cottonwood Palo Verde Fitness Activity Center Personalized Training Fees

**Types of  
available  
trainers:**

Certified Personal Trainer  
Level 1

Certified Personal Trainer  
with 1 or 2 Specializations  
Level 2

Certified Personal  
Trainer Master Level  
3 or more  
Specializations

TRAINING OPTIONS	SESSION LENGTH	PRIVATE LESSON FEE (1 Person Only)	SEMI-PRIVATE LESSON FEE (2 People Only)
Certified Personal Trainer - Level 1 -	60 Minutes	\$50	\$75
Certified Personal Trainer with 1 or 2 Specializations - Level 2 -	60 Minutes	\$65	\$105
Certified Personal Trainer Master Level with 3 or more Specializations	60 Minutes	\$80	\$135
Health & Wellness Coaching available on request	60 Minutes	\$80	\$135
Small Group Session with a Certified Personal Trainer	60 Minutes	\$20 per person. Minimum-3 Maximum-4 participants.	
Shorter Sessions available upon request	30 Minutes	\$40	Semi-private session are not available for 30 minute sessions

*Please see the Fitness Manager to schedule classes or answer questions.*

Cottonwood Palo Verde Fitness Activity Center  
25219 S. E J Robson Blvd. Sun Lakes, AZ 85248

# Fitness Center

## Class Reservations & Cancellations

**CLASS REGISTRATION** - to register for a class online, there are 2 options:

### **BY WEB SITE**

- Go to the web site – [www.cottonwoodpaloverde.com](http://www.cottonwoodpaloverde.com)
- Go to "Homeowners Only" section on the web site.
- Click on the "Fitness Activity Center" tab
- Click on the link for Class Reservations & Cancellations
- Click on the "Classes" tab
- Select the class you wish to attend
- Confirm your reservation by clicking "Select This Class" and then "Book My Visit"

### **BY SCHEDULICITY APP**

- Install the Schedulicity App
- Set up your account (1<sup>st</sup> time) and Login
- Search for Sun Lakes (location)
- Select CWPV Fitness Activity Center
- Schedule your classes



**CLASS CANCELLATION** - to cancel your class registration online, do the following:

- Class registration can be cancelled online up to 1 hour before the class.
  - If less than 1 hour before the class, contact the FAC at (480) 895-1776.

### **BY SCHEDULICITY APP**

- Login to [www.schedulicity.com](http://www.schedulicity.com).
- The classes that you are registered for will appear on the computer screen.
  - If your class list does not appear, see below for instructions.
- Click on the Class for which you want to cancel your registration.
- Select one of the following options that is appropriate for your situation:
  - Cancel It and Re-schedule
  - Cancel
  - Keep It

**CLASS LIST DOES NOT APPEAR** – if your class list does not appear when you login to your Schedulicity account, do the following:

- Go into your Schedulicity Profile
- Find a notification email (confirmation or reminder email) from CWPV FAC
- Find and click on the blue "View Bookings" icon at the bottom of the email
- Click on the "My Classes" in the Navigation menu – your classes should now appear.

### **NOTES:**

- ❖ Please cancel your reservations 12 hours in advance if you are unable to attend a class.
- ❖ Please arrive on time for your class.
- ❖ Please be aware that each class will have a \$5-\$10 drop-in fee that will be given to the group exercise instructor at the beginning of each class.



**Questions: Please call the Fitness Activity Center @ 480-895-1776**

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