



# Fitness Activity Center News

## 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!**

## ACTIVITIES

### New in March

- **Stay Active & Independent for Life (SAIL)**

Fall Prevention Exercise Class to help with Balance, Strength, and Endurance.

- Class will run for 6 consecutive weeks starting March 1<sup>st</sup> and will be 1-hour classes, 2 times per week, Mondays, 3-4pm and Fridays, 11-12pm
- Limited to 12 people, Ages 65+

### Discover Therapeutic Touch (Offered by Michelle Wunsch)

Who loves Reiki and Massage? Experience both at once

Schedule Now

- Energy Healing Technique
- Light Massage
- Aromatherapy
- Health Coaching

### Working Out 101: What to expect when you start working out (with Elissa Jones)

Do you want to work out but don't know where to start?

Please join Elissa Jones, Health & Wellness Coach as she discusses what to expect when you incorporate movement and exercise into your daily routine.

We will discuss:

- What to bring to a workout class
- What to wear
- What to expect
- Tour of gym and equipment
- Discussion of class options for working out
- Watch a workout class
- Answer any questions you may have

### Sound Healing and Mindfulness Meditation for Parkinsons (with Elissa Jones)

Calm your mind and body with the sounds of singing bowls and chimes. Please join Elissa Jones, Health and wellness coach as she guides you through meditation using sound. This class focuses on self care, and helps you take the hour you need to focus on you. The healing frequencies of sound help soothe the mind and give you peaceful moments of calm.

Benefits of sound therapy and meditation:

- Reduces stress, anxiety, depression and pain
- Improves mood, focus, awareness and immunity
- Promotes health, relaxation and overall well being
- Enhances cognitive, motor, social and emotional skills
- Improves sleep



## Cottonwood Palo Verde Fitness Activity Center March Calendar 2024

Studio 1			Studio 2		
<b>Monday</b>			<b>Monday</b>		
9:00-10:00am	Work Out 101	Elissa	8:00-8:45am	Fitness with Julie	Julie
10:00-11:00am	Personal Training		9:00-9:45am	Functional Fitness	Julie
12:15-1:15pm	Zumba	Sandy	11:00-12:00pm	Total Knockout	Deborah
3:00-4:00pm	SAIL	Christine		(Neurological Assistance)	
<b>Tuesday</b>			<b>Tuesday</b>		
9:00-10:00am	Zumba Tone	Sandy	9:00-9:45am	Kickboxing	Deborah
11:00-12:00pm	Kinetic Karate	Charmaine	10:00-11:00am	Yin Yang Yoga Flow	Margie
2:30-3:30pm	Retro Dancing	Malina	1:30-2:30pm	Daily Burn	Roberta
<b>Wednesday</b>			<b>Wednesday</b>		
9:00-10:00am	Yoga for Healthy Aging	Margie	8:00-8:45am	Cardio Kickbox	Julie
10:00-11:00am	Personal Training		9:00-9:45am	Chair Yoga	Julie
			10:00-10:45am	Kickboxing	Deborah
			11:00-12:00pm	Total Knockout	Deborah
				(Neurological Assistance)	
<b>Thursday</b>			<b>Thursday</b>		
8:45-9:45am	Zumba Tone	Sandy	9:00-9:45am	Full Body Conditioning	Deborah
10:00-11:00am	Sound Healing & Meditation	Elissa	10:00-11:00am	Yin Yan Yoga Flow	Margie
11:00-12:00pm	Kinetic Karate	Charmaine	1:30-2:30pm	Daily Burn	Roberta
<b>Friday</b>			<b>Friday</b>		
9:00-9:45am	Brains & Balance	Roberta	8:00-8:45am	Power Burn	Julie
10:00-11:00am	Personal Training		9:00-9:45am	Power Chair Yoga	Julie
11:00-12:00pm	SAIL	Christine	11:00-12:00pm	Total Knockout	Deborah
12:15-1:15pm	Zumba	Sandy		(Neurological Assistance)	
<b>Saturday</b>			<b>Saturday</b>		
10:30-11:30am	Retro Dancing	Malina	10:00-11:00am	Pilates	Bryann
			11:00-12:00pm	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 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.

### **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.

### **Kinetic Karate** ◊ / ◊◊ / ◊◊◊

Includes low impact karate movements with a progression in intensity to improve fitness. Participants learn karate techniques (stances, strikes, blocks and kicks) to keep the muscles strong, flexible and build stamina. Dual task drills improve coordination, quicken reflexes, and boost mental acuity.

### **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.

### **Retro Dancing** ◊ / ◊◊

This Retro Dance class is for everyone who wishes to revisit the "oldies, but goodies" style of music and dance. Class members will benefit from the "oldies" songs' enjoyable body movement, fun exercise, and the recollection of the memories of the 50s, 60s, and 70s. Get ready to hop to the Rock 'N Roll hits!

## GROUP FITNESS CLASSES (CONT'D)

### **SAIL (Stay Active & Independent for Life)** ♦ / ♦♦ / ♦♦♦

Fall Prevention exercise class to help with Balance, Strength, and Endurance. The class runs for 6 consecutive weeks, 2 days per week. Limited to 12 people. Ages 65+. Instructed by Christine Warren RN, BSN, CCRN, TCRN who works for Dignity Health and is also one of the people that does the Walk with Doc on Thursdays.

### **Sound Healing and Mindfulness Meditation for Parkinsons** ♦

Calm your mind and body with the sounds of singing bowls and chimes. Join Elissa Jones, Health and Wellness Coach as she guides you through meditation using sound. This class focuses on self-care, and helps you take the hour you need to focus on you. The healing frequencies of sound help soothe the mind and give you peaceful moments of calm. Caregivers welcome!

### **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.

### **Working Out 101** ♦

Do you want to work out but don't know where to start? Join Elissa Jones, Health & Wellness Coach as she discusses what to expect when you incorporate movement and exercise into your daily routine. We will discuss what to bring to a workout class, what to wear, what to expect, tour of gym and equipment, discussion of class options for working out, watch a workout class, answer any questions you may have.

### **Yin Yang 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.

### **Yoga for Healthy Aging** ♦ / ♦♦ / ♦♦♦

Yoga for Healthy Aging will focus on yoga poses to build strength, flexibility, and balance. Since Yoga is body- mind practice this class will include breath practices and meditation to help us learn how to activate the relaxation response to improve our overall wellbeing. Beginner students are welcome if they can get up from the floor. Poses are done sitting on the floor, standing, and laying down on a yoga mat.

### **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**