

THE FITNESS ACTIVITY  
CENTER

WILL BE CLOSED  
SUNDAY, APRIL 5<sup>TH</sup>



# Group Classes

*Fun, energizing classes designed to get you moving and feeling your best*

*Spots fill quickly—reserve yours today:*

- Online: [www.vagaro.com](http://www.vagaro.com)
- 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

**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

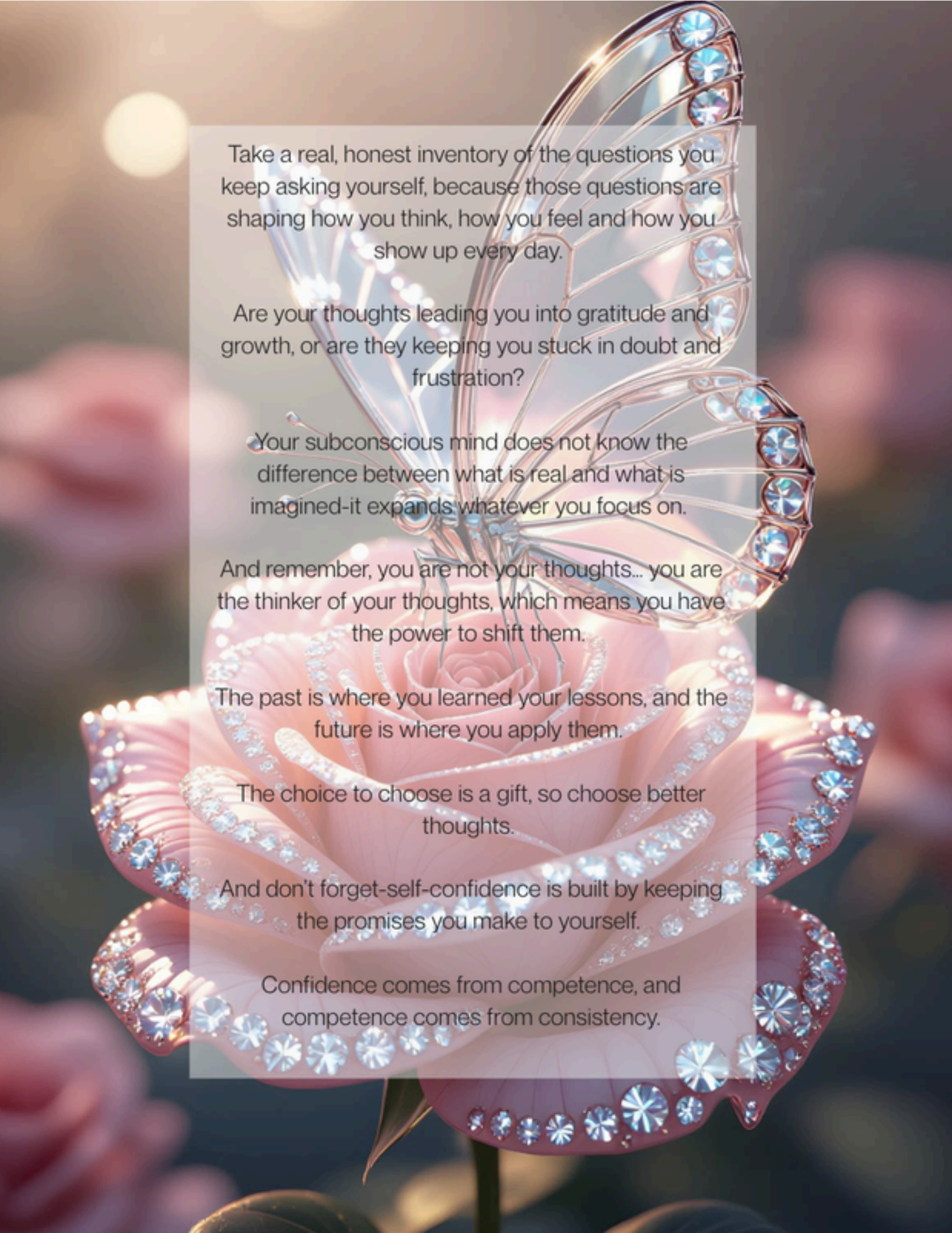
These sessions are a great way to build confidence, learn proper technique, and get the most out of your workouts.

Led by Gayla, She is incredibly knowledgeable and patient when 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!



Take a real, honest inventory of the questions you keep asking yourself, because those questions are shaping how you think, how you feel and how you show up every day.

Are your thoughts leading you into gratitude and growth, or are they keeping you stuck in doubt and frustration?

Your subconscious mind does not know the difference between what is real and what is imagined-it expands whatever you focus on.

And remember, you are not your thoughts... you are the thinker of your thoughts, which means you have the power to shift them.

The past is where you learned your lessons, and the future is where you apply them.

The choice to choose is a gift, so choose better thoughts.

And don't forget-self-confidence is built by keeping the promises you make to yourself.

Confidence comes from competence, and competence comes from consistency.

# 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.

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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  
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

**April 2026**  
**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

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

Levels are stated as ♦ / ♦♦ / ♦♦♦,  
participants determine how hard or intense he or she will work in the classes.



### **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 ♦**

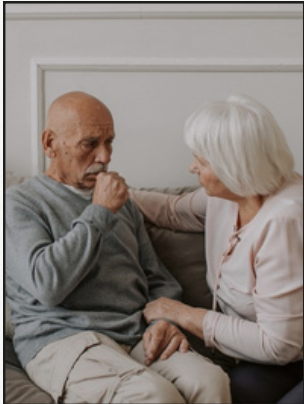
One of the gentlest forms of yoga available.

- 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.

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

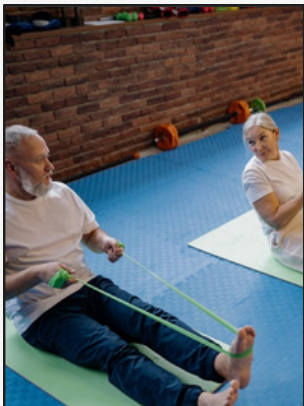
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### **Energy Up Movement & Brain Health Program** ♦ / ♦♦ / ♦♦♦

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!

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

Levels are stated as ♦ / ♦♦ / ♦♦♦,  
participants determine how hard or intense he or she will work in the classes.



### **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.

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

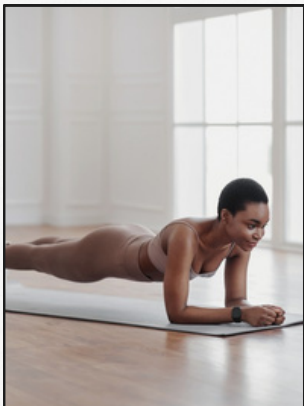
Levels are stated as ♦ / ♦♦ / ♦♦♦,  
participants determine how hard or intense he or she will work in the classes.



### **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 are 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 welcome!



### **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.

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

Levels are stated as ♦ / ♦♦ / ♦♦♦,  
participants determine how hard or intense he or she will work in the classes.



### **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!



### **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.

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

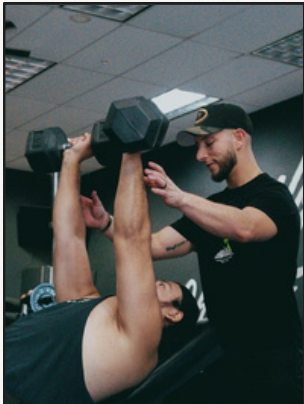
Levels are stated as ♦ / ♦♦ / ♦♦♦,  
participants determine how hard or intense he or she will work in the classes.



### **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.



### **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.



### **Tai Chi** ♦ / ♦♦

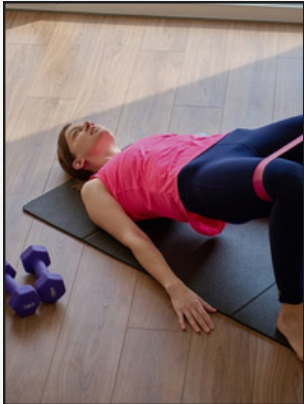
Gentle flowing combination of Tai Chi movements that improve balance, flexibility and peace of mind.

- 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.

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

Levels are stated as ♦ / ♦♦ / ♦♦♦,  
participants determine how hard or intense he or she will work in the classes.



### **Total Body Conditioning** ♦♦ / ♦♦♦

High Intensity Interval Training allows you to burn more calories all day long.

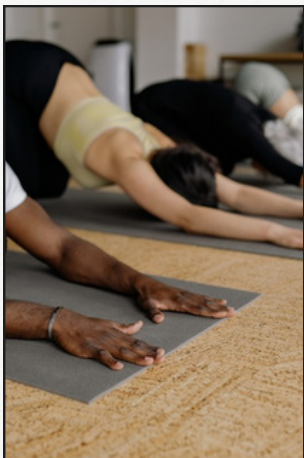
- Let's build muscles, bone, practice cardio and proprioception.
- This class is for all levels, move at your own pace, sweat and have fun!



### **Water Fit** ♦ / ♦♦ / ♦♦♦

This 4-week program is a gentle, low-impact class designed for individuals experiencing chronic pain, weakness or limited mobility.

- Using the natural support and resistance of the water, participants will improve strength, balance, and flexibility while reducing stress on the joints.
- This class is ideal for seniors, or anyone looking for a safe and supportive way to move, build strength, and feel better.
- This is a 4-week program, and you will be charged for the full 4 weeks at the beginning. A towel will be needed for this program.



### **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.

# Available Classes

## CHOOSE YOUR LEVEL OF SUPPORT

Levels are stated as ♦ / ♦♦ / ♦♦♦,  
participants determine how hard or intense he or she will work in the classes.



### **Zumba ♦ / ♦♦**

Zumba is a fusion of Latin and International music.

- Utilizing dance themes creates 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.

# How to Sign up Using Varago

## *iPhone (App Store)*

- Open the App Store
- Tap the Search tab and type Vagaro
- Tap Get (or the cloud icon) to download and install the app
- Open Vagaro and tap Sign Up (or Log In if you already have an account). Create an account with your email and a password
- Allow notifications if you want class reminders
- Use the app's search (magnifier or "Find a Business") and enter CWPV Fitness Center (or the facility name used by the HOA)
- Tap the center's listing → choose Classes or Schedule → pick the class you want
- Select your class → Book
- When you arrive for class, check in at the front desk as usual

## *Android phone (Google Play)*

- Open the Google Play Store
- Search for Vagaro and tap Install
- Open the app, then Sign Up or Log In
- Search for CWPV Fitness Center (or the HOA facility name)
- Select Classes → choose the class → tap Book → confirm
- Remember to check in at the front desk when you arrive

## *Computer (Web Browser)*

- Open a browser and go to [vagaro.com](http://vagaro.com)
- Use the site's Find a Business or Search field to enter CWPV Fitness Center (or the facility name)
- Click the business page → go to Classes / Schedule → select a class
- Log in or create an account when prompted, then Book and confirm
- Print or screenshot your confirmation if helpful, and check in at the front desk when you arrive

## *Need to cancel or reschedule?*

- Open the app → My Bookings (or Appointments) → find the class → choose Cancel or Reschedule
- If the app won't let you cancel, check the class policy in the booking details or call the front desk for help 480-272-6484