A Reminder to All

For use of the Fitness Activity Center, the following forms of ID will be accepted:

- **Original Homeowners Card**
- **Renters Card**
- **Guest Card ($5/Day Fee purchased at the HOA#2 Admin Building)**

No Photos of ID on phones will be accepted.

These are the requirements created by your HOA to protect our homeowners.

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!**

WATER

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

RESTORATIVE YOGA

PLEASE JOIN US
MONDAY AND FRIDAY AT 10:00 AM

RESTORATIVE YOGA IS A GENTLE PRACTICE FOCUSED ON DEEP RELAXATION. THROUGH PASSIVE POSES HELD FOR EXTENDED PERIODS AND SUPPORTED BY PROPS LIKE BOLSTERS AND BLANKETS, IT PROMOTES STRESS RELIEF, AIDS RECOVERY, AND ENHANCES OVERALL WELL-BEING.

$5.00/CLASS OR $20.00 FOR 5 SESSIONS (PREPAID)

ELISE RATLIFF IS A CERTIFIED YOGA AND BARRE INSTRUCTOR WITH EXTENSIVE EXPERIENCE. SHE LOOKS FORWARD TO GUIDING YOU ON YOUR RESTORATIVE YOGA JOURNEY IN HER NEW CLASS.

Cottonwood Palo Verde Fitness Activity Center
March Calendar 2025

Studio 1

Monday

8:30-9:15am	Brains & Balance	Roberta
10:00-10:50am	Restorative Yoga	Elise
12:15-1:00pm	Zumba	Sandy

Tuesday

9:00-9:50am	Zumba Tone	Sandy
10:15-10:45	Absoutely	Ila
11:30-12:20pm	Zumba	Eileen

Wednesday

10:15-11:15am	SPY	Bryann
11:00-12:00pm	Personal Training	

Thursday

9:00-9:50am	Zumba Tone	Sandy
10:15-10:45	Absoutely	Ila
11:30-12:20pm	Zumba	Eileen

Friday

10:00-10:50am	Restorative Yoga	Elise

Saturday

9:00-10:00am	VinYasa Yoga	Raj

Studio 2

Monday

8:00-8:45am	Fitness with Julie	Julie
9:00-9:45am	Functional Fitness	Julie
10:00-10:45am	Kick Boxing	Deborah
11:00-11:45am	Total Knockout *(Neurological Assistance)*	Deborah
1:30-2:20pm	Chair Dance	Eileen

Tuesday

10:00-10:50am	Hatha Yoga Flow	Margie
1:30-2:30pm	Daily Burn	Roberta

Wednesday

8:00-8:45am	Total Body Conditioning	Julie
9:00-9:45am	Chair Yoga	Julie
10:00-10:45am	Kickboxing	Deborah
11:00-11:45am	Total Knockout *(Neurological Assistance)*	Deborah
1:30-2:20pm	Chair Dance	Eileen

Thursday

9:00-9:45am	Full Body Conditioning	Deborah
10:00-10:50am	Hatha Yoga Flow *(1st & 3rd week)*	Margie
10:00-10:50am	Yin Yan Yoga *(2nd & 4th week)*	Margie
1:30-2:20pm	Daily Burn	Roberta

Friday

8:00-8:45am	Power Burn	Julie
9:00-9:45am	Power Chair Yoga	Julie
12:15-1:00pm	Zumba	Sandy

Saturday

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

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.

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.

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 ◇◇ / ◇◇◇
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!.

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 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. This class may be done standing or seated.

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.

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

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.

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

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 ◊◊ / ◊◊◊
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

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
- 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 (1st 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.
- 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**