Cottonwood
Palo Verde



FITNESS ACTIVITY CENTER





Features:

- Strength Machines & Free Weights
- Group Fitness Classes
- Cardio Machines
- Indoor Spa Area
- 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

Mindful Moments
with Debbie



Cottonwood Palo Verde at Sun Lakes

Group Classes

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

Spots fill quickly—reserve yours today:

- **ClassFit App**
- 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

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

September 2026 Calendar

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
12:15-1:00	Zumba	Sandy

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: Cognitive Fitness for Dementia & Parkinsons	Vickie

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: Cognitive Fitness for Dementia & Parkinsons	Vickie

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
11:00-12:00	Neuro Up: Cognitive Fitness for Dementia & Parkinsons	Vickie

Saturday		
9:00-10:00	VinYasa Yoga	Raj
10:15-11:15	Pilates	Bryann
11:15-12:15	Strength Training	Bryann

Cottonwood Palo Verde Fitness Activity Center
October 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
12:15-1:00	Zumba	Sandy

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
	Cognitive Fitness for Dementia & 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	Kick Boxing	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 & Endurand	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

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