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



Studio 1

	Time	Class	Instructor	Notes
Monday	9:00-9:45	**Balance and Stability**	Roberta	
	10:00-10:50	**Restorative Yoga**	Elise	
	11:15-12:15	**Zumba**	Sandy	
Tuesday	10:15-10:45	**Absoutely**	Ila	
	11:00-12:00	**Water Fit**	Bryann	(to be held in therapy
Wednesday	9:00-10:00	**Chair Yoga Flow with Strength**	Bryann	
	10:15-11:15	**SPY**	Bryann	
Thursday	9:00-9:50	**Zumba Tone**	Sandy	
	10:15-10:45	**Absoutely**	Ila	
	10:00-11:00	**Water Fit**	Bryann	(to be held in therapy
Friday	10:00-10:50	**Restorative Yoga**	Elise	
	11:00-12:00	**SPY**	Bryann	
	12:15-1:00	**Zumba**	Sandy	
Saturday	9:00-10:00	**VinYasa Yoga**	Raj	

Studio 2

	Time	Class	Instructor	Notes
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 &*
Tuesday	9:00-9:50	**Zumba Tone**	Sandy	
	10:00-10:50	**Hatha Yoga Flow**	Judy	
	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**	Vickie	*Cognitive Fitness for Dementia &*
Thursday	9:00-9:45	**Fit and Fierce**	Deborah	
	10:00-10:50	**Hatha Yoga Flow**	Judy	
	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:**	Vickie	Cognitive Fitness for Dementia & Parkinsons
Saturday	10:15-11:15	**Pilates**	Bryann	
	11:15-12:15	**Strength Training**	Bryann	

***** Group Fitness Classes will have a drop-in fee between($5-$10)at the Beginning of each class***

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 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