



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

[Learn More on our Website](#)



Contact us
480-272-6484



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

Fitness Activity Center News

Muscle Is Your Longevity Engine

Starting around age 50, adults naturally lose up to 1% to 2% of their muscle mass every year. Known as sarcopenia, this shift can slow your metabolism, weaken balance, and make everyday tasks feel heavier. The great news? Clinical research shows that just two to three



weekly resistance training sessions can reverse muscle loss, rebuild bone density, and dramatically reduce fall risks in adults aged 50 to 75.

At the FAC, taking charge of your physical strength is easy, safe, and welcoming. If you are new to lifting, our intuitive weight-training machines guide your motion naturally. Prefer free weights or functional training? We have a vast setup designed for all mobility levels. Plus, our certified personal trainers are always available to customize a plan for your goals, while on-site physical therapy services ensure you build strength safely around old injuries.

Put it in perspective: A focused 45-minute strength routine takes the exact same time as watching a single television rerun. Swapping just one episode on the couch for a session in the fitness center builds muscle, protects your joints, and gives you the energy to keep enjoying the activities you love.

Protecting Your Heart, One Class at a Time

Cardiovascular wellness is one of the single greatest factors in staying vibrant, energetic, and independent through your 60s, 70s, and beyond. According to the American Heart Association, regular aerobic exercise



reduces heart disease risk by up to 40% while lowering blood pressure, improving brain health, and delivering an immediate boost to your mood and daily stamina.

The FAC provides everything you need to keep your heart strong. Step onto our state-of-the-art cardio machines—including joint-friendly ellipticals, recumbent bikes, and low-impact NuStep cross-trainers—or head into our Group Fitness Studios for an uplifting, structured workout. Joining a group fitness center class brings motivating music, expert instructor guidance, and the added joy of exercising alongside friends and neighbors who keep you accountable.

Put it in perspective: A fun, energizing 45-minute group fitness class is shorter than the time most people spend waiting in line at the grocery store during peak hours or reading through the morning news. Trading just a sliver of downtime for a heart-pumping class yields immediate health dividends, leaving you refreshed, clear-headed, and energized for the rest of your day.

Recover Faster, Feel Better Every Day

Fitness isn't solely about pushing your limits; it's equally about how well you restore your body. For adults ages 50 to 75, structured physical recovery improves joint mobility, eases stiffness, reduces chronic inflammation, and lowers daily stress levels. Taking time to care for your muscles after movement prevents injury and keeps you feeling agile day after day.

The FAC is designed as a complete, full-spectrum wellness destination. You can work directly with physical therapy experts to target chronic aches, gently lengthen tight hips and shoulders in our dedicated stretching zones, or ease tired muscles in our therapeutic saunas and relaxing spa area. Whether you are recovering from a hard workout or simply resetting after a busy week, taking advantage of these amenities helps keep your body moving smoothly.

Put it in perspective: Spending 20 minutes unwinding in the FAC sauna or relaxing in the warm spa area takes no longer than sitting through a slow traffic light cycle or flipping through junk mail. Make recovery a regular part of your wellness routine, and step out feeling refreshed, restored, and ready to take on tomorrow.

Mindful Moments

with Debbie

Don't be a Passenger in Your Own Life

Imagine your life as a vehicle traveling toward your future. Every decision you make is like turning the steering wheel, and every habit either moves you closer to your destination or farther away from it. If you don't take the driver's seat, someone else—or your circumstances—will eventually determine the direction you're headed. You were never meant to be a passenger in your own life. Take the wheel, be intentional with your choices, and stay focused on the destination you were created to reach. The road ahead is shaped by the direction you choose today. Remember, if you are not the driver, then you will always be at the whim of everyone else's travel plans.

Weekly Group Class Schedule



FAC - Studio 1

	9:00am	10:00am	11:00am	12:00pm	1:00pm
Mon	9:00-9:45 Balance & Stability Roberta	10:00-10:50 Restorative Yoga Elise		11:15-12:15 Zumba Sandy	
Tue		10:15-10:45 Absolutely Ila	11:00-12:00 Water Fit Bryann (Therapy Pool)		
Wed	9:00-10:00 Chair Yoga Flow w/ Strength Training Bryann		10:15-11:15 SPY Bryann		
Thur	9:00-9:50 Zumba Tone Sandy	10:15-10:45 Absolutely Ila	10:00-11:00 Water Fit Bryann (Therapy Pool)		
Fri		10:00-10:50 Restorative Yoga Elise	11:00-12:00 SPY Bryann	12:15-1:00 Zumba Sandy	
Sat	9:00-10:00 VinYasa Yoga Raj				
Sun					

Weekly Group Class Schedule



FAC - Studio 2

	8:00am	9:00am	10:00am	11:00am	12:00pm	1:00pm	2:00pm
Mon	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)			
Tue		9:00-9:50 Zumba Tone Sandy	10:00-10:50 Hatha Yoga Flow Judy			1:30-2:30 Muscle Strength & Endurance Roberta	
Wed	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)			
Thur		9:00-9:45 Fit and Fierce Deborah	10:00-10:50 Hatha Yoga Flow Judy			1:30-2:30 Muscle Strength & Endurance Roberta	
Fri	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)			
Sat			10:15-11:15 Pilates Bryann	11:15-12:15 Strength Training Bryann			
Sun							



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



Dr. Murphy McCarty PT, DPT

☎ 480-485-7275



**Book a free
consultation here**



No referral needed

Questions?

murphy@authoritypt.com

*May be eligible for coverage under Medicare Part B