

# Fitness Center

The Fitness Center at Cottonwood is open from 4 am to 12 midnight daily for Cottonwood Palo Verde homeowners, guests, renters and associate members. No one under the age of 19 years of age is allowed in the Fitness Center.

Located in the fitness center are Jacuzzi hot tubs, saunas, exercise equipment, showers and day lockers. There are limited day lockers available in both Men's and Women's areas; bring your own padlock. Located on the back of your homeowner's card is the SPA # to enter the Fitness Center.

## Facilities Dress Code

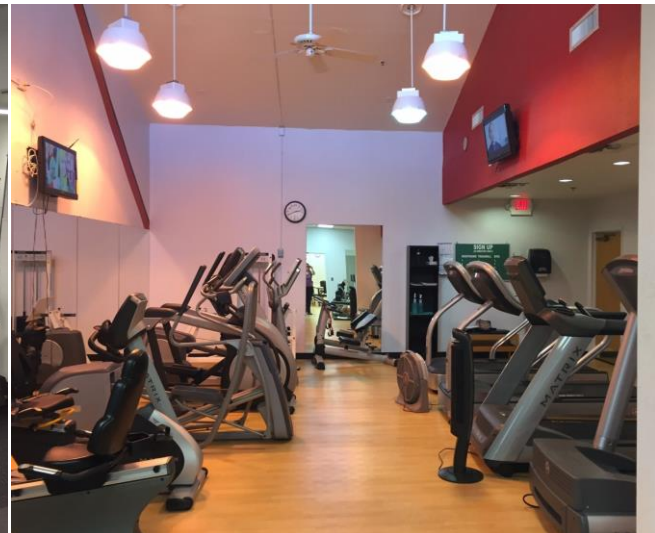
Tennis, jogging or aerobic shoes with non-marking soles must be worn. Generally acceptable exercise or workout shirts, shorts and pants must be worn in the exercise areas. Clothing with zippers or belts that may cause damage to equipment is prohibited.

**Please read the Board Policy for the latest requirements and regulations –**  
[Chapter 8-02A Facility Use Regulations Other Amenities](#)  
[Chapter 8-03 Facility Use Policy – Phase I, Phase III and Renaissance Residents](#)

For more information please call the Recreation Director at (480) 384-4066 or the Recreation Assistant at (480) 384-4065.



**East view of Men's Fitness area**



**West view of Woman's Fitness area**