

COTTONWOOD RECREATION CENTER AMENITIES

The goal of the Cottonwood Recreation Center is to enhance health, fitness, sportsmanship and relationships for residents of all abilities and ages. With that in mind, the following amenities have been included in the facility:

Fitness/Strength Training/Cardio: 36 Free Weight and Pulley machines by Hammer Strength. 30 pieces of cardio equipment by Life Fitness. Dumbbells and free weights for toning and strengthening. Walking Track with pace clock.

Large Exercise/Dance Studio: Mirrors, ballet bar, sound system and cushioned floor for aerobics, spinning, ballet, yoga and more.

Indoor Leisure Pool: Lazy River, large spa, 2 lap lanes, zero depth entry, 160-foot flume slide, interactive bucket play features.

Community Events Hall: Total capacity of 260 people, catering kitchen, may be separated into three smaller rooms each with a sink and preparation area, rooms available to rent or for classes.

Gymnasium: Official high school size basketball/volleyball court, skylights and high windows for natural lighting, may be used for large events and trade shows.

Game Room: Interactive gaming for teens and the whole family.

Baby Sitting: drop off for toddlers at a \$2/hour while you are using the facility.

Climbing Wall: 20 feet of challenging climbing for novices to moderates.

