

# THE GLOBAL AMBASSADOR

## FITNESS SCHEDULE

EFFECTIVE JANUARY 2025

|          | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                             | SUNDAY                                |
|----------|--|---|---|--|---|--------------------------------------|---------------------------------------|
| 6:30 AM  | <b>POWR</b><br><i>PJ</i>   | <b>POWR</b><br><i>Allen</i>   | <b>POWR</b><br><i>PJ</i>  | <b>POWR</b><br><i>Allen</i>  |   |                                      |                                       |
| 7:45 AM  | <b>BEATZ</b><br><i>Criss</i>   | <b>FORMA MAT</b><br><i>Abbey</i>                                      | <b>BEATZ</b><br><i>Drew</i>   | <b>FORMA MAT</b><br><i>Elle</i>                                      |   |                                      |                                       |
| 9:00 AM  | <b>FORMA REFORMER</b><br><i>Elle</i><br><b>VINYASA</b><br><i>Brian</i> | <b>FORMA REFORMER</b><br><i>Abbey</i><br><b>BEATZ</b><br><i>Carly</i> | <b>FORMA REFORMER</b><br><i>Shadi</i><br><b>VINYASA</b><br><i>Bre</i> | <b>FORMA REFORMER</b><br><i>Elle</i><br><b>BEATZ</b><br><i>Carly</i> | <b>FORMA REFORMER</b><br><i>Abbey</i><br><b>VINYASA</b><br><i>Jenny</i> | <b>VINYASA</b><br><i>Bentley</i>     | <b>VINYASA</b><br><i>Trina</i>        |
| 10:15 AM | <b>POWR</b><br><i>PJ</i>   | <b>POWR</b><br><i>Marquise</i>  | <b>POWR</b><br><i>E'Boni</i>  | <b>POWR</b><br><i>Marquise</i>                                       | <b>FORMA REFORMER</b><br><i>Abbey</i><br><b>POWR</b><br><i>E'Boni</i>   | <b>FORMA REFORMER</b><br><i>Elle</i> | <b>FORMA REFORMER</b><br><i>Abbey</i> |
| 4:30 PM  | <b>POWR</b><br><i>Marquise</i>   | <b>RECOVER</b><br><i>Bryon</i>  | <b>FORMA MAT</b><br><i>Elle</i>                                       |  |   |                                      |                                       |

### Cardio + Strength

#### **POWR** 60 MINUTES | \$35

Experience an exhilarating High-Intensity Interval Training (HIIT) class that leverages the power of dumbbells and kettlebells to supercharge your functional fitness. Our dynamic class offers a variety of heart-pounding options to ignite your workout.

#### **RECOVER** 60 MINUTES | \$35

Discover new methods of recovery. A two-part class with focuses on active and passive recovery. Perfect for restoring your body and improving overall performance.

### Spin

#### **BEATZ** 45 MINUTES | \$35

Experience the ultimate in luxury and fitness with our exhilarating spin class. Join us in our studio, where expert instructors guide you through high-energy rides paired with dynamic musical beats. The instructors ensure each session is a high-calorie-burning workout and a thrilling, fun experience. Get ready to pedal your way to fitness in style.

### Yoga

#### **VINYASA** 60 MINUTES | \$35

Dynamic yoga style that flows through poses with synchronized breath, promoting flexibility, strength and mindfulness.

### Forma Pilates

#### **REFORMER** 60 MINUTES | \$100

Discover the art of precision and strength in our 60-minute Forma Method reformer pilates workout. With a keen emphasis on form, technique and posture, we sculpt your body by targeting small muscle groups through deliberate and controlled movements. Our tailored sessions cater to your unique needs while challenging you to build endurance and strength, all within a luxurious 360° approach to private training designed to enhance, heal and nourish your body.

#### **MAT** 60 MINUTES | \$60

Experience the essence of Forma Pilates in our dynamic mat pilates class. This full-body workout, rooted in our signature programming, prioritizes precision and posture, helping you sculpt your body through deliberate movements targeting small muscle groups. Our tailored sessions adapt to your individual needs, providing a challenging path towards enhanced endurance and strength.

*One complimentary class (excluding FORMA Pilates) for two guests per day is included in the property fee. Additional classes will be charged per guest as listed.*

4360 E CAMELBACK RD, PHOENIX, AZ 85018 | 480.697.6202