

# THE GLOBAL AMBASSADOR

SEPTEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		<b>POWR</b> <i>Allen</i>		<b>POWR</b> <i>Allen</i>			
7:45 AM	<b>SCULPT</b> <i>Jaclyn</i>	<b>SPIN + DEFINE</b> <i>Carly</i>	<b>SCULPT</b> <i>Lex</i>	<b>FORMA MAT</b> <i>Abbey</i>	<b>SCULPT</b> <i>Jaclyn</i>		
9:00 AM	<b>FORMA REFORMER</b> <i>Elle</i> <b>VINYASA</b> <i>Brian</i>	<b>FORMA REFORMER</b> <i>Abbey</i> <b>SCULPT</b> <i>Jadyn</i>	<b>FORMA REFORMER</b> <i>Elle</i> <b>VINYASA</b> <i>Brian</i>	<b>FORMA REFORMER</b> <i>Elle</i> <b>SPIN + DEFINE</b> <i>Carly</i>	<b>FORMA REFORMER</b> <i>Abbey</i> <b>VINYASA</b> <i>Jenny</i>	<b>VINYASA</b> <i>Bentley</i>	<b>VINYASA</b> <i>Trina</i>
9:30 AM	<b>SMALL GROUP TRAINING</b> <i>Allen</i>			<b>SMALL GROUP TRAINING</b> <i>Allen</i>			
10:15 AM	<b>POWR</b> <i>Bryon</i>	<b>POWR</b> <i>Allen</i>	<b>POWR</b> <i>E'Boni</i>	<b>POWR</b> <i>Marquise</i>	<b>POWR</b> <i>Allen</i> <b>FORMA REFORMER</b> <i>Abbey</i>	<b>FORMA REFORMER</b> <i>Elle</i>	
4:30 PM	<b>POWR</b> <i>Allen</i>		<b>SCULPT</b> <i>Elle</i>				
6:30 PM		<b>MEDITATION</b> <i>Rotating</i>					

## **Yoga VINYASA 60 MINUTES**

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

## **Yoga MEDITATION 60 MINUTES**

Unwind at the end of your day with a rotating weekly meditation led by our talented instructors. An opportunity to relax and be present as you are guided through a peaceful evening meditation.

## **Strength SCULPT 60 MINUTES**

Move with power in this beat-driven sculpt class that fuses the grace of barre, the strength components of resistance training and core precision. Interval cardio bursts keep you energized while controlled, flow-based sequences challenge your whole body. All levels welcome—come ready to sweat, sculpt, and feel fierce.

## **Cardio + Strength SPIN + DEFINE 60 MINUTES**

During this high energy ride, your instructor will guide you through a high-intensity calorie burning workout both on and off the bike. Class incorporates weight training along with cardio for the ultimate balanced workout.

## **Cardio + Strength POWR 60 MINUTES**

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.

## **Forma Pilates REFORMER 60 MINUTES | \$85**

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.

## **Forma Pilates MAT 60 MINUTES**

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.

## **Strength SMALL GROUP TRAINING \$85 PER PERSON**

During this small group personal training session, you will move better, get stronger, and build a body that performs under pressure. Designed for a small group setting of 1-4, to create community, accountability and fun. This hybrid-style session fuses muscular development with performance-driven conditioning. You will rotate through targeted conditioning zones creating a leaner, more athletic physique. Built for those who want it all.

*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