

# THE GLOBAL AMBASSADOR

## FITNESS SCHEDULE

August - September 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		<b>POWR</b> <i>Allen</i>		<b>POWR</b> <i>Allen</i>			
7:00 AM			<b>BEATZ</b> <i>Drew</i>				
7:30 AM		<b>BEATZ</b> <i>Criss</i>		<b>BEATZ</b> <i>Criss</i>			
8:00 AM			<b>VINYASA</b> <i>Bre</i>			<b>BEATZ</b> <i>Drew - Carly - Criss</i>	
8:30 AM	<b>BEATZ</b> <i>Carly</i>	<b>VINYASA</b> <i>Elle</i>		<b>VINYASA</b> <i>Harmony</i>	<b>POWR</b> <i>Eboni</i>		<b>VINYASA</b> <i>Trina</i>
9:00 AM	<b>POWR</b> <i>Marquise</i> <b>FORMA REFORMER</b> <i>Elle</i>	<b>FORMA REFORMER</b> <i>Abbey</i>	<b>POWR</b> <i>E'Boni</i> <b>FORMA REFORMER</b> <i>Shadi</i>	<b>FORMA REFORMER</b> <i>Elle</i>	<b>FORMA REFORMER</b> <i>Abbey</i>	<b>VINYASA</b> <i>Bentley</i>	
10:00 AM							<b>FORMA REFORMER</b> <i>Shadi - Abbey - 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.

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

Join our Movement & Mobility Fusion class for a high-energy workout that combines calorie-burning cardio, bodyweight movements and mobility exercises. Our expert instructors will guide you through this dynamic class, making it suitable for all fitness levels. Achieve your fitness goals while having fun and boosting your metabolism with us.

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

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### Yoga

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

Sculpt yoga combines traditional yoga postures with strength training and cardio exercises for a comprehensive, body-toning workout.

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

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

### 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.

### Spin

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

Join us for a heart-pounding, high-calorie burn spin class about intensity and results. Our expert instructors will lead you on a unique experience, creating an exhilarating, challenging workout that pushes your limits and helps you torch those calories. Get ready to sweat and achieve your fitness goals with our high-intensity spin sessions.

#### **BEATZ** 60 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.