THE GLOBAL AMBASSADOR

NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	THANKSGIVING
6:30 AM	POWR *Patty*	POWR *Allen*	POWR *Stephanie*	POWR *Allen*				
7:30 AM								POWR *Allen*
7:45 AM		FORMA REFORMER *Abbey*			FORMA REFORMER *Abbey*			
9:00 AM	VINYASA *Brian* FORMA REFORMER *Vanessa* THE LIFT *Danielle*	POWR *Allen* FORMA REFORMER *Abbey*	VINYASA *Brian* FORMA REFORMER *Elle* THE LIFT *Danielle*	POWR *Allen* FORMA REFORMER *Elle*	FORMA REFORMER *Abbey* THE LIFT *Mikayla* VINYASA *Jenny*	POWR *Patty* FORMA REFORMER *Elle*	VINYASA *Trina* FORMA REFORMER *Rotating Instructor*	POWR *Allen* FORMA REFORMER *Elle*
9:30 AM		SCULPT *Jadyn*		SCULPT *Vanessa*				THURSDAY, NOVEMBER 26 7:30–10:30 AM *Start Thanksgiving feeling your best with energizing DJ sounds, refreshing sips and feel-good energy.*
10:15 AM	POWR *Danielle*	SMALL GROUP TRAINING *Allen*	POWR *Mikayla*	SMALL GROUP TRAINING *Allen*	POWR *Allen*	YOGA *Bentley*		
4:30 PM		POWR *Stephanie*		POWR *Danielle*				
5:30 PM			MEDITATION *Rotating Instructor*					

Yoga **VINYASA** 60 MINUTES
Dynamic yoga style that flows through poses with synchronized breath, promoting flexibility, strength and mindfulness.

Yoga **MEDITATION** 60 MINUTES
Experience an opportunity to relax and be present as you are guided through a peaceful evening meditation by our talented instructors.

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.

Strength **SMALL GROUP TRAINING** $60 PER PERSON
During this session, you will move better, get stronger and build a body that performs under pressure. Designed for a small group, you will rotate through targeted conditioning zones creating a leaner, more athletic physique.

Strength **THE LIFT** 60 MINUTES
A lower-body focused workout designed to sculpt, strengthen and activate the glutes. Expect a dynamic mix of targeted strength training, resistance work and high-repetition movements to build power, stability and definition.

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 | $60
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.

MEMBERS
Members may bring guests for $35 per class

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