# THE GLOBAL AMBASSADOR

NOVEMBER 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 6:30 AM | | POWR<br>*Allen* | | POWR<br>*Allen* | | | |
| 7:45 AM | SCULPT<br>*Jaclyn* | SCULPT<br>*Jadyn* | SCULPT<br>*Lex* | FORMA MAT<br>*Abbey* | SCULPT<br>*Jaclyn* | | |
| 9:00 AM | FORMA REFORMER<br>*Elle*<br>VINYASA<br>*Brian* | FORMA REFORMER<br>*Abbey*<br>SCULPT<br>*Jadyn* | FORMA REFORMER<br>*Elle*<br>VINYASA<br>*Brian* | FORMA REFORMER<br>*Elle*<br>SCULPT<br>*Jaclyn* | FORMA REFORMER<br>*Abbey*<br>VINYASA<br>*Jenny* | VINYASA<br>*Bentley* | VINYASA<br>*Trina* |
| 9:30 AM | SMALL GROUP TRAINING<br>*Allen* | | SMALL GROUP TRAINING<br>*Allen*<br>BOUNCE & SCULPT<br>*Jillian* | | | BOUNCE & SCULPT<br>*Jillian* | |
| 10:15 AM | POWR<br>*Stephanie* | POWR<br>*Allen* | POWR<br>*E'Boni* | POWR<br>*Marquise* | POWR<br>*Allen*<br>FORMA REFORMER<br>*Abbey* | FORMA REFORMER<br>*Elle* | FORMA REFORMER<br>*Elle* |
| 4:30 PM | POWR<br>*Allen* | | SCULPT<br>*Elle* | | | | |
| 6:30 PM | | MEDITATION<br>*Rotating* | | | | | |

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

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

*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.

*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.

*Forma Pilates* **REFORMER** 60 MINUTES | $60 OR $500 FOR 10 CLASSES
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.

*The Ness* **BOUNCE & SCULPT** 60 MINUTES
Experience NYC's cult-favorite trampoline workout, exclusively at Global Ambassador. Enjoy a high-energy, full-body workout that's easy on your joints but big on results. Boost your mood, build strength, and support your lymphatic system for a natural, post-class glow.