

# THE GLOBAL AMBASSADOR x FORMA

## FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 AM		MAT <i>Abbey</i>		MAT <i>Elle</i>			
9:00 AM	REFORMER <i>Elle</i>	REFORMER <i>Abbey</i>	REFORMER <i>Shadi</i>	REFORMER <i>Elle</i>	REFORMER <i>Abbey</i>		
10:15 AM					REFORMER <i>Abbey</i>	REFORMER <i>Elle</i>	REFORMER <i>Abbey</i>
4:30 PM			MAT <i>Elle</i>				

### 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.

### BY REFERRAL ONLY

A direct referral from a current in studio client is required for entry into the studio. Failure to provide a referral will result in cancellation of the reservation and a full refund will be provided. Please email [thespa@globalambassadorhotel.com](mailto:thespa@globalambassadorhotel.com) with any questions.

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EMAIL THE SPA TO BOOK: [THESPA@GLOBALAMBASSADORHOTEL.COM](mailto:thespa@globalambassadorhotel.com)  
with your name, phone number and referral