



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for guests of the Ojai Valley Inn. Classes begin on the half hour and last for approximately 45 minutes.</p> <p>Please arrive 10 minutes early to sign-in and reserve your spot. Please meet in the Spa Village Courtyard. Classes are hosted outdoors on the Fitness Veranda. Please dress appropriately or the weather. Meet in the Spa Village Courtyard.n the Spa Village Courtyard. Class schedule is subject to change.</p>					<p><b>7:30 A</b> Strength Flow <b>1</b></p> <p><b>8:30 A</b> Fitness Walk</p> <p><b>3 P</b> Metabolic Strength Training</p> <p><b>4 P</b> Golden Hour Yoga</p> <p><b>5 P</b> Foam Rolling 101</p>	<p><b>8:30 A</b> Aerial Basics <b>2</b></p> <p><b>9:30 A</b> Mat Pilates</p> <p><b>10:30 A</b> Yoga with the Beatles</p> <p><b>3 P</b> Saturday WOD</p> <p><b>4 P</b> TRX Training</p> <p><b>5 P</b> Saturday Evening Cool-Down</p>
<p><b>3</b></p> <p><b>7:30 A</b> Yoga at the Opera</p> <p><b>8:30 A</b> Aerial Stretch &amp; Rest</p> <p><b>9:30 A</b> Pilates Express</p>	<p><b>4</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Mat Pilates</p> <p><b>9:30 A</b> Yoga Basics</p> <p><b>10:30 A</b> Aqua Strech &amp; Tone</p>	<p><b>5</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Yoga at the Opera</p> <p><b>9:30 A</b> Aerial Basics</p> <p><b>10:30 A</b> Pilates Express</p>	<p><b>6</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>7:30 A</b> Gentle Morning Flow</p> <p><b>8:30 A</b> Prana Flow</p> <p><b>9:30 A</b> Yin &amp; Release</p>	<p><b>7</b></p> <p><b>8 A</b> Floating Meditation</p> <p><b>9:30 A</b> Gentle Morning Flow</p> <p><b>10:30 A</b> Prana Flow</p>	<p><b>8</b></p> <p><b>8:30 A</b> Strength Flow</p> <p><b>9:30 A</b> Core Fusion</p> <p><b>11 A</b> Property Walk</p> <p><b>3 P</b> Metabolic Strength Training</p> <p><b>4 P</b> Golden Hour Yoga</p> <p><b>5 P</b> Foam Rolling 101</p>	<p><b>9</b></p> <p><b>7:30 A</b> Gentle Morning Flow</p> <p><b>8:30 A</b> Prana Flow</p> <p><b>9:30 A</b> Yin &amp; Release</p> <p><b>3 P</b> Saturday WOD</p> <p><b>4 P</b> TRX Training</p> <p><b>5 P</b> Saturday Evening Cool-Down</p>
<p><b>10</b></p> <p><b>7:30 A</b> Gentle Morning Flow</p> <p><b>8:30 A</b> Prana Flow</p> <p><b>9:30 A</b> Yin &amp; Release</p>	<p><b>11</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Mat Pilates</p> <p><b>9:30 A</b> Yoga Basics</p> <p><b>10:30 A</b> Aqua Strech &amp; Tone</p>	<p><b>12</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Strength Flow</p> <p><b>9:30 A</b> Core Fusion</p>	<p><b>13</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>9:30 A</b> Mobility Stretch</p> <p><b>10 A</b> FUNctional Strength Training</p> <p><b>11 A</b> Foam Rolling 101</p>	<p><b>14</b></p> <p><b>8:30 A</b> Aerial Yoga</p> <p><b>9:30 A</b> Yoga Basics</p> <p><b>10:30 A</b> Contemplative Stretch</p>	<p><b>15</b></p> <p><b>9:30 A</b> Strength Flow</p> <p><b>11 A</b> Core Fusion</p> <p><b>3 P</b> Metabolic Strength Training</p> <p><b>4 P</b> Golden Hour Yoga</p> <p><b>5 P</b> Foam Rolling 101</p>	<p><b>16</b></p> <p><b>8:30 A</b> Aerial Basics</p> <p><b>9:30 A</b> Mat Pilates</p> <p><b>10:30 A</b> Yoga with the Beatles</p> <p><b>3 P</b> Saturday WOD</p> <p><b>4 P</b> TRX Training</p> <p><b>5 P</b> Saturday Evening Cool-Down</p>
<p><b>17</b></p> <p><b>7:30 A</b> Gentle Morning Flow</p> <p><b>8:30 A</b> Prana Flow</p> <p><b>9:30 A</b> Yin &amp; Release</p>	<p><b>18</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Mat Pilates</p> <p><b>9:30 A</b> Yoga Basics</p> <p><b>10:30 A</b> Aqua Strech &amp; Tone</p>	<p><b>19</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Strength Flow</p> <p><b>9:30 A</b> Core Fusion</p> <p><b>10:30 A</b> Fitness Walk</p>	<p><b>20</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>9:30 A</b> Mobility Stretch</p> <p><b>10 A</b> FUNctional Strength Training</p> <p><b>11 A</b> Foam Rolling 101</p>	<p><b>21</b></p> <p><b>3:30 P</b> Aerial Yoga</p> <p><b>4:30 P</b> Yoga Basics</p> <p><b>5:30 P</b> Pilates Express</p>	<p><b>22</b></p> <p><b>9:30 A</b> Strength Flow</p> <p><b>11 A</b> Core Fusion</p> <p><b>3 P</b> Metabolic Strength Training</p> <p><b>4 P</b> Golden Hour Yoga</p> <p><b>5 P</b> Foam Rolling 101</p>	<p><b>23</b></p> <p><b>8:30 A</b> Aerial Basics</p> <p><b>11:15 A</b> Pilates Express</p> <p><b>3 P</b> Saturday WOD</p> <p><b>4 P</b> TRX Training</p> <p><b>5 P</b> Saturday Evening Cool-Down</p>
<p><b>24</b></p> <p><b>7:30 A</b> Gentle Morning Flow</p> <p><b>8:30 A</b> Prana Flow</p> <p><b>9:30 A</b> Yin &amp; Release</p>	<p><b>25</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Mat Pilates</p> <p><b>9:30 A</b> Yoga Basics</p> <p><b>10:30 A</b> Aqua Strech &amp; Tone</p>	<p><b>26</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>8:30 A</b> Strength Flow</p> <p><b>9:30 A</b> Core Fusion</p> <p><b>10:30 A</b> Fitness Walk</p>	<p><b>27</b></p> <p><b>7 A</b> Nature Walk</p> <p><b>9:30 A</b> Mobility Stretch</p> <p><b>10 A</b> FUNctional Strength Training</p> <p><b>11 A</b> Foam Rolling 101</p>	<p><b>28</b></p> <p><b>8:30 A</b> Aerial Yoga</p> <p><b>9:30 A</b> Mat Pilates</p> <p><b>10:30 A</b> Yoga with the Beatles</p>	<p><b>29</b></p> <p><b>9:30 A</b> Strength Flow</p> <p><b>11 A</b> Core Fusion</p> <p><b>3 P</b> Metabolic Strength Training</p> <p><b>4 P</b> Golden Hour Yoga</p> <p><b>5 P</b> Foam Rolling 101</p>	<p><b>30</b></p> <p><b>8:30 A</b> Aerial Basics</p> <p><b>9:30 A</b> Mat Pilates</p> <p><b>10:30 A</b> Yoga with the Beatles</p> <p><b>3 P</b> Saturday WOD</p> <p><b>4 P</b> TRX Training</p> <p><b>5 P</b> Saturday Evening Cool-Down</p>
<p><i>Private Mind &amp; Body classes and guided hikes are also available with advance reservations. Please contact Discover Ojai at (805) 640-3562 for more information.</i></p>						



# SPA OJAI

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## MIND & BODY

**Contemplative Stretch:** Slow moving and intentional movement for flexibility and a quiet mind.

**Aerial Stretch & Rest:** Enjoy "cocooning" with gentle movement inside a silk hammock.

**Aqua Stretch & Tone:** Keep cool in the pool with this beautiful blend of toning and flexibility movements.

**Saturday Evening Cool-Down:** Full-body stretch and meditation to either start or end your weekend right.

**Floating Sound Meditation:** Let your body relax and your mind drift as you float on a raft, surrounded by the soothing sounds of crystal singing bowls, chimes, and gentle percussion. This calming experience invites deep rest, nervous system release, and a sense of peaceful clarity. Limited capacity, up to 8 in the pool.

**Mobility Stretch:** This 30 minute class focuses primarily on the neck, shoulders, hips, and back using effective, therapeutic movements designed to ease tightness and tension safely.

**Foam Rolling 101:** This 30 minute class takes you through the basics of foam rolling emphasizing form and technique. All levels.

**Saturday Evening Relaxation & Meditation:** A 30 minute class combining a full body stretch with progressive muscle relaxation & meditation to start or end your weekend right. ALL Levels.

**Sunday Affirmation Meditation:** Affirmations aid to let go of stress and refresh your connection of mind, body & spirit. Embrace the here and now with a sense of renewal and positive mindset to start your new week ahead.

**Gentle Morning Flow:** A slow, stretchy flow to gently awaken the body and calm the mind. This heart-centered practice includes a brief meditation to help you connect within and ease into your day.

**Aerial Stretch & Restore:** Experience deep release in silk hammocks through gentle stretching and restorative breathwork. Once cocooned, settle into stillness for a uniquely relaxing finish. No experience needed.

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## YOGA

**Intro to Aerial Yoga (45 min):** A first step to learning the basic aerial movements, postures, and stretches in a safe, fun environment. This class is appropriate for all fitness levels and body types.

**Yoga with the Beatles:** A slow flow class integrating stretch, strength, and style to Beatles music.

**Yoga Basics:** Your body will enjoy familiar poses in a creative slow flow.

**Yoga at the Opera:** Practice your favorite poses at a concert of arias.

## MIND & BODY CLASS DESCRIPTIONS

**Yin & Release:** A slow, ground practice designed to unwind tension and quiet the mind. With the support of props and breath, you'll settle into long-held postures that gently open the hips, spine, and shoulders. This meditative class invites deep release, inner stillness, and a sense of calm that lingers.

**Yoga & Rock Classics:** A blend of strength and stretch poses to energizing rock music

**Golden Hour Yoga:** Experience a serene practice blending grounding techniques, affirmation, and gentle flows. Connect with nature and yourself during this peaceful golden hour practice. Space is limited; please arrive 10 minutes prior to register. All fitness levels.

**Rise & Shine Yoga:** Experience a serene practice blending grounding techniques, affirmation, and gentle flows. Connect with nature and yourself during this peaceful morning hour practice. Space is limited; please arrive 10 minutes prior to register. All fitness levels.

**Prana Flow:** A fluid, breath-centered practice to energize and align. Movement, mindfulness, and moments of stillness come together to awaken your inner vitality.

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## CORE & STRENGTH

**Pilates Express:** In this quick 30 minute routine, develop core strength and balance muscles.

**Strength Flow:** A mix of strength and yoga-inspired movements to build endurance, boost mobility and feel strong from within. All levels welcome.

**Core Fusion:** Build strength and stability using dumbbells, blocks, and bodyweight moves. Core focused and all-level friendly.

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## CARDIO & MORE

**Nature Walk:** On this brisk, picturesque walk, enjoy education and history regarding the Ojai Valley Inn's commitment to environmental sustainability and ecological efforts. This walk departs from the Spa Village and traverses the golf course, visiting our apiary and pollinator garden.

**Property Walk:** A brisk 45 minute walk around our beautiful property. Learn about the history of the Inn as you take in the scenery. Walking shoes are required.

**FUNCTIONAL Strength Training:** Exercise multiple muscle groups simultaneously in this full-body functional workout.

**TRX Training:** This total-body fitness program uses gravity against your own bodyweight to simultaneously develop strength, balance, flexibility and core stability. Class size is limited.

**Saturday WOD:** This Saturday "Workout of the Day" involves high intensity circuit training.

**Metabolic Strength Training:** Exercise multiple muscle groups simultaneously in this full-body functional workout.

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