



SPA OJAI

## MIND & BODY CLASS SCHEDULE FEBRUARY 2026

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|---|---|---|---|---|
| <b>7:30 A</b> Reflexology & Mobility<br><b>8 A</b> Fitness Walk<br><b>9 A</b> Functional Training<br><b>10 A</b> Sunday Affirmation & Meditation          | <b>8:30 A</b> Yoga at the Opera<br><b>9:30 A</b> Pilates/Core<br><b>10:30 A</b> Aerial Basics  | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt | <b>9:30 A</b> Reflexology & Mobility<br><b>10 A</b> FUNCTIONal Training<br><b>11 A</b> Foam Rolling 101   | <b>8:30 A</b> Pilates/Core<br><b>9:30 A</b> Aerial Stretch & Rest<br><b>10:30 A</b> Yoga Hybrid                                       | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt<br><b>3 P</b> Affirmation Yoga<br><b>4 P</b> Golden Hour Yoga<br><b>5 P</b> Progressive Relaxation & Meditation                             | <b>9 A</b> Aerial Basics<br><b>10 A</b> Pilates/Core<br><b>11 A</b> Yoga & Rock Classics<br><b>3 P</b> Saturday WOD<br><b>4 P</b> TRX Training<br><b>5 P</b> Saturday Evening Relaxation & Meditation |
| <b>8 A</b> Sunday Morning Meditation: Breath & Gratitude<br><b>8:30 A</b> Gentle Morning Flow<br><b>9:45 A</b> Yin & Release: Deep Grounding              | <b>7 A</b> Fitness Walk<br><b>8:30 A</b> Yoga Sculpt   | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt | <b>9:30 A</b> Reflexology & Mobility<br><b>10 A</b> FUNCTIONal Training<br><b>11 A</b> Foam Rolling 101   | <b>8 A</b> Morning Meditation: Breath & Gratitude<br><b>8:30 A</b> Gentle Morning Flow<br><b>9:45 A</b> Yin & Release: Deep Grounding | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt: <i>Flirt with the Burn</i><br><b>3 P</b> Affirmation Yoga<br><b>4 P</b> Golden Hour Yoga<br><b>5 P</b> Progressive Relaxation & Meditation | <b>9 A</b> Aerial Basics<br><b>10 A</b> Pilates/Core<br><b>11 A</b> Yoga & Rock Classics<br><b>3 P</b> Saturday WOD<br><b>4 P</b> TRX Training<br><b>5 P</b> Saturday Evening Relaxation & Meditation |
| <b>8 A</b> Sunday Morning Meditation: Breath & Gratitude<br><b>8:30 A</b> Gentle Morning Flow<br><b>9:45 A</b> Yin & Release: Deep Grounding              | <b>8:30 A</b> Yoga at the Opera<br><b>9:30 A</b> Pilates/Core<br><b>10:30 A</b> Aerial Basics  | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt | <b>9:30 A</b> Reflexology & Mobility<br><b>10 A</b> FUNCTIONal Training<br><b>11 A</b> Foam Rolling 101   | <b>8:30 A</b> Pilates/Core<br><b>9:30 A</b> Aerial Stretch & Rest<br><b>10:30 A</b> Yoga Hybrid                                       | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt<br><b>3 P</b> Affirmation Yoga<br><b>4 P</b> Golden Hour Yoga<br><b>5 P</b> Progressive Relaxation & Meditation                             | <b>9 A</b> Aerial Basics<br><b>10 A</b> Pilates/Core<br><b>11 A</b> Yoga & Rock Classics<br><b>3 P</b> Saturday WOD<br><b>4 P</b> TRX Training<br><b>5 P</b> Saturday Evening Relaxation & Meditation |
| <b>8 A</b> Sunday Morning Meditation: Breath & Gratitude<br><b>8:30 A</b> Gentle Morning Flow<br><b>9:45 A</b> Yin & Release: Deep Grounding              | <b>8:30 A</b> Yoga at the Opera<br><b>9:30 A</b> Pilates/Core<br><b>10:30 A</b> Aerial Basics  | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt | <b>9:30 A</b> Reflexology & Mobility<br><b>10 A</b> FUNCTIONal Training<br><b>11 A</b> Foam Rolling 101   | <b>8:30 A</b> Pilates/Core<br><b>9:30 A</b> Aerial Stretch & Rest<br><b>10:30 A</b> Yoga Hybrid                                       | <b>7 A</b> Fitness Walk<br><b>9 A</b> Yoga Sculpt<br><b>10:30 A</b> Yoga Sculpt<br><b>3 P</b> Affirmation Yoga<br><b>4 P</b> Golden Hour Yoga<br><b>5 P</b> Progressive Relaxation & Meditation                             | <b>9 A</b> Aerial Basics<br><b>10 A</b> Pilates/Core<br><b>11 A</b> Yoga & Rock Classics<br><b>3 P</b> Saturday WOD<br><b>4 P</b> TRX Training<br><b>5 P</b> Saturday Evening Relaxation & Meditation |
| <b>9:30 A</b> Spirit-Centered Yoga and Meditation<br><b>10:30 A</b> Property Walk<br><b>11:30 A</b> Aerial Pilates<br><b>12:30 P</b> Wellness Talk: Sleep | <b>8:30 A</b> Yoga at the Opera<br><b>9:30 A</b> Aerial Yoga<br><b>10:30 A</b> Pilates Express | <b>9 A</b> Fitness Walk<br><b>10 A</b> HIIT<br><b>11 A</b> Morning Stretch      | Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. Classes begin on the hour and on the half hour and last for approximately 45 to 60 minutes. Please arrive 10 minutes early to sign in and reserve your spot.<br><br>All classes meet on the Fitness Veranda in the Spa Village and are hosted outdoors. Kindly dress appropriately for the weather. |   |   |   |

Private Mind & Body classes and guided hikes are also available with advance reservations.  
Please contact Discover Ojai at (805) 640-3562 for more information.



## SPA OJAI

## MIND & BODY CLASS DESCRIPTIONS

---

### MIND & BODY

**Sunday Morning Meditation: Breath & Gratitude:** A 20-Minute guided practice beginning with gentle movement to settle your body, followed by breath awareness and heart-centered gratitude. The class transitions into quiet stillness to support calm, clarity, and a grounded start to the day. All levels welcome.

**Reflexology & Mobility:** This 30 minute classes focuses on the feet, hips, back, and shoulders combining pressure point work with movements designed to ease tightness and tension safely and effectively.

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

**Progressive 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 Affirmations & Meditation:** Affirmations aid to let go of stress and help reframe your perspective while refreshing your connection of mind, body and spirit. Embrace the here and now with the sense of renewal and a positive mindset. All Levels.

---

### YOGA

**Gentle Morning Flow: Transitions:** A slow, breath-centered class designed to ease you into the day. Gentle movement and mindful transitions support flexibility, balance, and a calm, focused mind.

**Yin & Release, Deep Grounding:** A deeply calming 45-minute practice featuring long-held, supported poses to release tension in your hips, spine, and shoulders. Designed to support rest, reflection, and nervous system reset.

**Yoga Sculpt:** A 60-minute, medium to high intensity class that combines traditional yoga postures and flow with strength training using dumbbells. This full-body workout builds strength, endurance, and balance while keeping you grounded in mindful movement.

**Yoga Sculpt: Flirt with the Burn:** A 60-minute, pre-Valentine's themed flow. Medium to high intensity full body yoga sculpt that blends strength training using dumbbells, cardio mandala, and pulses. Expect rhythmic movement, and just enough fire to keep your flow fun leaving you feeling energized.

**Aerial Basics:** Enjoy being introduced to a variety of familiar strength & stretch exercises, all modified using our suspended hammocks. Please arrive 10 minutes early, capacity is limited to 8 guests.

**Aerial Yoga:** Suspended silk hammocks offer a fun "twist" on flexibility, strength and inversion poses. Space is limited; please arrive 10 minutes early to register.

**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 registering. All fitness levels.

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

**Aerial Stretch & Rest:** Enjoy gentle movement that concludes with "cocooning" inside the silk hammock. Please arrive 10 minutes early, to sign in, space is limited to 8 Guests.

**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

---

### CORE & STRENGTH

**Pilates/Core:** Your body will love class Mat Pilates blended with strong core moves.

**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.

---

### CARDIO & MORE

**Fitness Walk:** A brisk walk into Ojai and back. Walking shoes required.

*Private Mind & Body classes and guided hikes are also available with advance reservations.  
Please contact Discover Ojai at (805) 640-3562 for more information.*