



SPA OJAI

MIND & BODY CLASS SCHEDULE
JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for Guests of the Hotel and Spa Day Guests of the Ojai Valley Inn. Classes begin on the hour and on the half hour, lasting approximately 20 to 60 minutes. Please arrive 10 minutes early to sign in and reserve your spot. All classes meet on the Fitness Veranda in the Spa Village and are hosted outdoors. Recommend athletic wear, light layers for the weather. Equipment is provided for each class.</p>			<p>7A Nature Walk 1</p> <p>9:30A Reflexology & Mobility FUNctional Training</p> <p>10A FUNctional Training</p> <p>11A Foam Rolling 101</p>	<p>8A Aerial Basics 2</p> <p>9A Yoga for Hips, Thighs and Lower Backs Aqua Stretch and Tone</p> <p>10A Aqua Stretch and Tone</p>	<p>10:30A Spark & Strength Yoga Sculpt Fitness Walk* 3</p> <p>1P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>3P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>4P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>5P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p>	<p>8A Pilates/Core 4</p> <p>9A Aerial Yoga</p> <p>10A Contemplative Stretch</p>
<p>7:30A Morning Presence Meditation 8A Morning Yoga Flow 9A Restorative Yoga & Sound 5</p>	<p>8A Yoga for Hips, Thighs and Lower Backs Pilates/Core 6</p> <p>9A Pilates/Core</p> <p>10A Aerial Stretch and Rest</p>	<p>8A Fitness Walk 7</p> <p>10:30A Yoga Sculpt</p>	<p>7A Nature Walk 8</p> <p>9:30A Reflexology & Mobility FUNctional Training</p> <p>10A FUNctional Training</p> <p>11A Foam Rolling 101</p>	<p>8A Aerial Basics 9</p> <p>9A Yoga for Hips, Thighs and Lower Backs Aqua Stretch and Tone</p> <p>10A Aqua Stretch and Tone</p>	<p>9A Floating Meditation Yoga Sculpt 10</p> <p>10:30A Yoga Sculpt</p> <p>1P Fitness walk</p> <p>3P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>4P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>5P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p>	<p>8A Pilates/Core 11</p> <p>9A Aerial Yoga</p> <p>10A Contemplative Stretch</p> <p>3P AquaMOVE</p> <p>4P TRX Training</p> <p>5P Saturday Evening Relaxation & Meditation</p>
<p>7:30A Morning Presence Meditation 8A Morning Yoga Flow 9A Restorative Yoga & Sound 12</p>	<p>8A Yoga for Hips, Thighs and Lower Backs Pilates/Core 13</p> <p>9A Pilates/Core</p> <p>10A Aerial Stretch and Rest</p>	<p>11A Nature Walk 14</p>	<p>7A Nature Walk 15</p> <p>9:30A Reflexology & Mobility FUNctional Training</p> <p>10A FUNctional Training</p> <p>11A Foam Rolling 101</p>	<p>8A Aerial Basics 16</p> <p>9A Yoga for Hips, Thighs and Lower Backs Aqua Stretch and Tone</p> <p>10A Aqua Stretch and Tone</p>	<p>9A Floating Meditation Yoga Sculpt 17</p> <p>10:30A Yoga Sculpt</p> <p>3P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>4P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>5P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p>	<p>8A Aerial Stretch and Pilates Express 10A Pilates Express 3P AquaMOVE 4P TRX Training 5P Saturday Evening Relaxation & Meditation 18</p>
<p>7:30A Reflexology & Mobility 8A Fitness Walk 9A FUNctional Training 10A Sunday Affirmations & Meditation 19</p>	<p>2P Aerial Stretch and Yoga for Hips, Thighs and Lower Backs Pilates Express 20</p> <p>4P Pilates Express</p>	<p>8A Fitness Walk 21</p> <p>10:30A Yoga Sculpt</p>	<p>7A Nature Walk 22</p> <p>9:30A Reflexology & Mobility FUNctional Training</p> <p>10A FUNctional Training</p> <p>11A Foam Rolling 101</p>	<p>9:30A Yoga Sculpt 23</p> <p>2P Aerial Stretch and Rest</p> <p>3P Yoga for Hips, Thighs and Lower Backs Pilates Express</p> <p>4P Pilates Express</p>	<p>8A Fitness Walk 24</p> <p>10:30A Yoga Sculpt</p> <p>3P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>4P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>5P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p>	<p>8A Pilates/Core 25</p> <p>9A Aerial Yoga</p> <p>10A Contemplative Stretch</p> <p>3P AquaMOVE</p> <p>4P TRX Training</p> <p>5P Saturday Evening Relaxation & Meditation</p>
<p>7:30A Yoga Basics 26</p> <p>8:30A Aerial Stretch and Rest</p> <p>9:30A Pilates Express</p>	<p>8A Yoga for Hips, Thighs and Lower Backs Pilates/Core 27</p> <p>9A Pilates/Core</p> <p>10A Aerial Stretch and Rest</p>	<p>8A Fitness Walk 28</p> <p>10:30A Yoga Sculpt</p>	<p>7A Nature Walk 29</p> <p>9:30A Reflexology & Mobility FUNctional Training</p> <p>10A FUNctional Training</p> <p>11A Foam Rolling 101</p>	<p>7:30A Morning Presence Meditation 8A Morning Yoga Flow 9A Restorative Yoga & Sound 30</p>	<p>9A Floating Meditation Yoga Sculpt 31</p> <p>10:30A Yoga Sculpt</p> <p>1P Fitness walk</p> <p>3P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>4P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p> <p>5P Aqua Stretch and Balance Metabolic Strength Training Golden Hour Yoga</p>	

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

Floating Meditation (\$50): Let your body relax and your mind drift as you float on a raft in our spa energy pool, 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. (8 Guests Capacity)

Morning Presence Meditation: A 20 minute guided meditation in our beautiful outdoor studio, using breath, body awareness, and sound to anchor attention and deepen presence.

Reflexology and Mobility: This 30 minute class focuses on your feet, hips, back and shoulders combining pressure point work with movements designed to ease tightness and tension safely and effectively. All levels.

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

Contemplative Stretch: A 30-minute stretch to quiet your mind, connect with your breath, and enjoy a slow full body stretch.

Aqua Stretch and Balance: Highlights fall prevention, postural alignment, and core stability. Energy Pool.

Saturday Evening Stretch & Meditation: A 30 minute class combining a full-body stretch with a short meditation to start or end your weekend. All Levels.

YOGA

Aerial Basics: Enjoy being introduced to a variety of familiar strength and stretch exercises, all modified using our suspended silk hammocks. Please arrive 10 minutes early, to sign in, space is limited to 8 Guests.

Aerial Stretch and Rest: Enjoy gentle movement that concludes with "cocooning" inside the silk hammock. Please arrive 10 minutes early to sign in, space is limited up 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 for Hips, Thighs and Lower backs: Offers relief to typically tight areas by combining standing poses, like warriors, with stretches and strengtheners on the mat for overall opening and ease.

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 movements.

Yoga Sculpt Spark and Strength: A 60-minute, medium to high intensity class. Ignite your energy with a dynamic sculpt flow that blends strength training, cardio bursts, and mindful

movement.

Restorative Yoga & Sound: A 60 minute class designed to ease tension and calm your nervous system. Support yin postures gently stretch your hips, spine and shoulders while encouraging deep relaxation. The experience concludes with a 15 minute sound bath savasana using crystal bowls and calming instruments to support full body rest and renewal.

Morning Yoga Flow: A 45 minute breath centered yoga practice designed to awaken your body and mind for the day ahead. Thoughtfully sequenced yoga postures and guided breath to connect movement with awareness, supporting mobility and a steady, grounded energy. You will leave feeling clear, centered and ready for your day.

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.

CORE & STRENGTH

Aqua Stretch and Tone: Jump into our energy pool for a quick, cool flexibility and toning class

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

Pilates Express: 30 Minutes on the mat build core strength and postural alignment.

AquaMOVE: Emphasizes joint health, full range of motion, and dynamic movement done in the Energy Pool.

Metabolic Strength Training: A high intensity workout that combines resistance training with short rest periods, to maximize calorie burn and cardiovascular fitness. Most Levels.

TRX Training: This total body fitness program uses gravity against your own body weight to simultaneously develop strength, balance, flexibility, and core stability. Class size is limited to 8 Guests. Please arrive 10 minutes early. Most Levels.

FUNctional Training: A FUN non-traditional exercise class emphasizing functional movements and full-body strength training with weights. All levels

CARDIO & MORE

Fitness Walk: A brisk 45-minute walk into Downtown Ojai and back to Spa Village. Walking shoes are required.

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.

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