



SPA OJAI

MIND & BODY CLASS SCHEDULE OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.				1 8:30 A Autumn Morning Stretch 9:30 A Aerial Basics 10:30 A Pilates Express	2 8A Fitness Walk 11A Core & Conditioning 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation	3 8:30 A Pilates/Core 9:30 A Aerial Yoga 10:30 A Autumn Morning Stretch 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation
4 8A Breathwork & Meditation 8:45 A Gentle Yin: Stretch + Restore 9:45 A Morning Yoga Flow	5 8:30 A Pilates/Core 9:30 A Aerial Stretch & Rest 10:30 A "Fall" into Yoga	6 8:30 A Core & Conditioning 10A Yoga Sculpt	7 8A Nature Walk 9:30 A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	8 8:30 A Autumn Morning Stretch 9:30 A Aerial Basics 10:30 A Pilates Express	9 8:30 A Yoga Sculpt 10A Fitness Walk 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation	10 8:30 A Pilates/Core 9:30 A Aerial Yoga 10:30 A Autumn Morning Stretch 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation
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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

Breathwork & Meditation: Begin your Sunday with 30 minutes of gentle breathwork and guided meditation. This accessible practice helps you settle your nervous system, clear your mind, and feel grounded for the day ahead. All levels welcome.

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.

Autumn Morning Stretch: Quiet your mind, connect with your breath, and settle into a full body tension release in this stretching and flexibility session.

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

Progressive Muscle Relaxation & Meditation: A Progressive Muscle Relaxation (PMR) is a stress-reduction technique involving a sequential tensing and releasing of muscle groups throughout the body to promote physical and mental calmness. Combined with full-body stretch and meditation. All Levels. 30 min.

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

Morning Yoga Flow: A 45-minute breath-centered yoga practice designed to awaken your body and mind for the day ahead. Sequenced yoga postures and guided breath connect movement with awareness, supporting mobility and a steady, grounded energy. All levels are welcome.

Gentle Yin: Stretch + Restore: A 45-minute class focused on slow, supported stretching through accessible Yin Yoga poses. Longer holds, mindful breathing, and restorative shapes invite the body to release tension, improve mobility, and leave you feeling grounded, open, and refreshed for the day ahead. A beautiful way to start your day!

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 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.

"Fall" Into Yoga: Embrace the season and fall into your practice with well loved poses and a gentle flow.

Affirmation Yoga: 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.

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

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.

Core & Conditioning: This medium to high intensity 45 minute workout combines deep core training, functional strength, energizing conditioning intervals to improve stability, endurance and total-body power.

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.

Saturday WOD "Workout of the Day": This Saturday Workout of the Day involves high intensity exercise programming to help challenge your physical and mental toughness. Medium to High intensity. Most 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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