



SPA OJAI

MIND & BODY CLASS SCHEDULE
APRIL 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|---|---|--|--|--|---|
| <p>Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. Classes last for approximately 45 to 60 minutes. Please arrive 10 minutes early to sign in and reserve your spot.</p> <p>All classes meet on the Fitness Veranda in the Spa Village and are hosted outdoors. Kindly dress appropriately for the weather.</p> | | | <p>1</p> <p>7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101</p> | <p>2</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow 9:45A Restorative Yoga & Sound</p> | <p>3</p> <p>9A Floating Meditation (\$\$) 10:30A Yoga Sculpt 12P Strength Training 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation</p> | <p>4</p> <p>9A Pilates/Core 10A Aerial Stretch & Rest 11A Yoga for hips, thighs, and lower back 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation</p> | |
| | <p>5</p> <p><i>No Classes - Happy Easter!</i></p> | <p>6</p> <p>8:30A Aerial Stretch & Rest 9:30A Yoga for hips, thighs, and lower back 10:30A Pilates Express</p> | <p>7</p> <p>8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training</p> | <p>8</p> <p>7A Nature Walk 10A FUNctional Training 11A Foam Rolling 101</p> | <p>9</p> <p>8:30A Contemplative Stroll 9:30A Pilates/Core 10:30A Aerial Stretch & Rest</p> | <p>10</p> <p>9A Floating Meditation (\$\$) 10:30A Yoga Sculpt 12P Strength Training 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation</p> | <p>11</p> <p>9A Pilates/Core 10A Aerial Stretch & Rest 11A Yoga for hips, thighs, and lower back 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation</p> |
| | <p>12</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow 10:30A Pilates Express</p> | <p>13</p> <p>8:30A Aerial Stretch & Rest 9:30A Yoga for hips, thighs, and lower back 10:30A Pilates Express</p> | <p>14</p> <p>8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training</p> | <p>15</p> <p>9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101</p> | <p>16</p> <p>8:30A Contemplative Stroll 9:30A Pilates/Core 10:30A Aerial Stretch & Rest</p> | <p>17</p> <p>9A Floating Meditation (\$\$) 10:30A Yoga Sculpt 12P Strength Training 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation</p> | <p>18</p> <p>9A Pilates/Core 10A Aerial Stretch & Rest 11A Yoga for hips, thighs, and lower back 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation</p> |
| | <p>19</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow 10:30A Pilates Express</p> | <p>20</p> <p>8:30A Aerial Stretch & Rest 9:30A Yoga for hips, thighs, and lower back 10:30A Pilates Express</p> | <p>21</p> <p>1:30P Reflexology & Mobility 2P FUNctional Training 3P Foam Rolling 101</p> | <p>22</p> <p><i>No Classes</i></p> | <p>23</p> <p><i>No Classes</i></p> | <p>24</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow 9:45A Restorative Yoga & Sound 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation</p> | <p>25</p> <p>9A Pilates/Core 10A Aerial Stretch & Rest 11A Yoga for hips, thighs, and lower back 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation</p> |
| | <p>26</p> <p><i>No Classes</i></p> | <p>27</p> <p>8:30A Aerial Stretch & Rest 9:30A Yoga for hips, thighs, and lower back 10:30A Pilates Express</p> | <p>28</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow 9:45A Restorative Yoga & Sound</p> | <p>29</p> <p>7A Nature Walk 7:30A Village Fitness Loop 9A Foundation Fusion 10A Foundation Training for Everyday Living</p> | <p>30</p> <p>8:30A Contemplative Stroll 9:30A Pilates/Core 10:30A Aerial Stretch & Rest</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 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. Please sign up in advance.

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

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.

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.

Reflexology & Mobility: This 30 minute class 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.

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.

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.

YOGA

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.

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 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.

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.

Aerial Stretch & Rest: Enjoy gentle movement that concludes with "cocooning" inside the silk hammock. Limited Capacity up to 8 Guests.

Foundation Fusion: A dynamic 45-minute class blending Foundation training, yoga, and high-intensity movement. This empowering, all levels class is designed to strengthen and realign your body while elevating energy and restoring balance - leaving you feeling refreshed and calm.

CORE & STRENGTH

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

Foundation Training for Everyday Living: Move better and feel better with Foundation training! This 45-minute class features a system of corrective exercises created by Dr. Eric Goodman designed to restore natural movement patterns and support overall body function. Using a combination of powerful movements, intentional poses, and conscious breath work. Activating your muscles of the posterior chain to improve posture, stability and strength. Foundation training is for anyone interested in enhancing performance, longevity and recovery.

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

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

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.

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

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

Strength Training: A dynamic full-body workout, combining weights and bodyweight movements for strength and endurance. Suitable for all levels of fitness.

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.

Village Fitness Loop: Start your morning with a scenic 60-minute loop through downtown Ojai. We'll walk at a brisk, but accessible pace while taking in the village highlights along the way. Finish feeling strong, revitalized and fully ready to step into your day.

Contemplative Stroll: A gently paced quiet walk to our beautiful herb garden and orchard. Drink in the natural sights and sounds and find yourself refreshed.

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

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