



SPA OJAI

MIND & BODY CLASS SCHEDULE AUGUST 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 7:30A Morning Yoga Flow 2P Aqua Stretch & Balance 3P Metabolic Strength Training 4P Golden Hour Yoga
2 7:30A Sunday Breath & Presence 8A Morning Yoga Flow 5P Restorative Yoga & Sound	3 8A Aerial Basics 9A Pilates/Core 10A Yoga for Hips, Thighs and Lower Backs	4 9A Yoga Sculpt 12P Strength Training	5 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	6 8A Yoga for Hips, Thighs and Lower Backs 9A Aerial basics 10A Pilates/Core	7 1P Yoga Sculpt 3P Fitness Walk 3P Aqua Stretch & Balance 4P Metabolic Strength Training 5P Golden Hour Yoga 5:30P Floating Meditation	8 8A Aerial Stretch & Rest 9A Pilates/Core 10A Yoga Basics 3P AquaMove 4P TRX Training 5P Saturday Evening relaxation & Meditation
9 7:30A Sunday Breath & Presence 8A Morning Yoga Flow 5P Restorative Yoga & Sound	10 8A Aerial Basics 10A Pilates/Core	11 8A Fitness Walk 10A Yoga Sculpt	12 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	13 8A Yoga for Hips, Thighs and Lower Backs 9A Aerial Basics 10A Pilates/Core	14 1P Yoga Sculpt 3P Fitness Walk 3P Aqua Stretch & Balance 4P Metabolic Strength Training 5P Golden Hour Yoga 5:30P Floating Meditation	15 9:30A Stroll & Stretch 3P AquaMove 4P TRX Training 5P Saturday Evening Relaxation & Meditation
16 7:30A Morning Yoga Flow	17 7:30A Yoga Basics 8:30A Aerial Stretch & Rest	18 8A Fitness Walk 10A Yoga Sculpt	19 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	20 8A Yoga for Hips, Thighs and Lower Back 9A Aerial Basics 10A Pilates/Core	21 9A Floating Meditation 10:30A Yoga Sculpt 3P Aqua Stretch & Balance 4P Metabolic Strength Training 5P Golden Hour Yoga	22 8A Aerial Stretch & Rest 9A Pilates/Core 10A Yoga Basics 3P AquaMove 4P TRX Training 5P Saturday Evening Relaxation & Meditation
23 8A Pialtes Express 10A Aerial Stretch & Rest	24 7:30A Meditation: Morning Presence & Breath 8A Yoga Flow 9:15A Restorative Yoga & Sound	25 8A Fitness Walk 10A Yoga Sculpt	26 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	27 8A Yoga Basics 9A Pilates Express	28 9A Floating Meditation 10:30A Yoga Sculpt 3P Aqua Stretch & Balance 4P Metabolic Strength Training 5P Golden Hour Yoga	29 8A Aerial Stretch & Rest 9A Pilates/Core 10A Yoga basics 3P AquaMove 4P TRX Training 5P Saturday Evening relaxation & Meditation
30 7:30A Village Fitness Loop 9A Foundation Fusion 10A Foundation Training for Everyday Living	31 8A Aerial Basics 9A Pilates/Core 10A Yoga for Hips, Thighs, and Lower Back					

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

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.

MIND & BODY CLASS DESCRIPTIONS

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

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

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.

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.

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.

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!

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