



SPA OJAI

MIND & BODY CLASS SCHEDULE SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes are complimentary for overnight and Spa Day guests of the Ojai Valley Inn. Class start times vary daily and are between 20 and 60 minutes long. 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, we suggest wearing layers appropriate for the weather.		1 8:30A Core & Conditioning 10A Yoga Sculpt	2 7:30A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	3 7A Nature Walk 9:30A Yoga Sculpt	4 8A Fitness Walk 9:30A Yoga Sculpt 11A Core & Conditioning 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation	5 7:30A Breath & Presence 8:15A Morning Yoga Flow 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation
	6 7:30A Village Fitness Loop 9A Foundation Fusion	7 8:30A Pilates/Core 9:30A Aerial Stretch & Rest 10:30A Yoga Basics	8 7A Nature Walk 8:30A Core & Conditioning 10A Yoga Sculpt	9 10:15A Reflexology & Mobility 11A FUNctional Training 11:45A Foam Rolling 101	10 8:30A Contemplative Stretch 9:30A Aerial Basics 10:30A Pilates Express	11 8A Fitness Walk 9:30A Yoga Sculpt 11A Core & Conditioning 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation
	13 7:30A Sunday Breath & Presence 8:15A Morning Yoga Flow 9:30A Restorative Yoga & Sound	14 8:30A Pilates/Core 9:30A Aerial Stretch & Rest 10:30A Yoga Basics	15 8:30A Core & Conditioning 10A Yoga Sculpt	16 7:30A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	17 8:30A Contemplative Stretch 9:30A Aerial Basics 10:30A Pilates Express	18 8A Fitness Walk 9:30A Root & Rise Yoga Sculpt 11A Core & Conditioning 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation
	20 7:30A Sunday Breath & Presence 8:15A Morning Yoga Flow 9:30A Restorative Yoga & Sound	21 8:30A Pilates/Core 9:30A Aerial Stretch & Rest 10:30A Yoga Basics	22 8:30A Contemplative Stretch 9:30A Aerial Basics 10:30A Pilates Express	23 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	24 10A Aerial Yoga 11A Pilates/Core 12P Contemplative Stretch	25 8A Fitness Walk 9:30A Root & Rise Yoga Sculpt 11A Core & Conditioning 3P Affirmation Yoga 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation
	27 7:30A Village Fitness Loop 9A Foundation Fusion 10A Foundation Training for Everyday Living	28 8:30A Pilates/core 9:30A Aerial Stretch & Rest 10:30A Yoga Basics	29 7A Fitness Walk 8:30A Root & Rise Yoga Sculpt 10A Core & Conditioning	30 7:30A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101		26 8:30A Yoga for Hips, Thighs, and Lower Backs 9:30A Aerial Basics 10:30A Pilates Express 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation

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

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

Sunday Morning 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.

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.

Progressive Muscle Relaxation and Meditation: Is a 30 minute 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.

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.

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.

MIND & BODY CLASS DESCRIPTIONS

Space is limited; please arrive 10 minutes prior to registering. All fitness levels.

Yoga Basics: Your body will enjoy this slow flow with quintessential poses.

Root & Rise Yoga Sculpt: A 60-Minute, medium to high intensity grounding, energizing flow that builds strength from the ground up through mindful movement, sculpting exercises, and expansive yoga.

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.

CORE & STRENGTH

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.

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.

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 "Work out 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.

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. Walking shoes are required.

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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