



SPA OJAI

MIND & BODY CLASS SCHEDULE
MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. Classes begin on the hour and last for approximately 45 minutes. Please arrive a few minutes early to sign-in and reserve your spot.</p> <p>All classes meet in the Spa Village Courtyard. Classes are hosted outdoors on the Fitness Veranda. We recommend dressing in layers.</p>					1 8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Aerial Yoga 2 P Metabolic Strength Training 3 P Yoga Hybrid 4 P Stretch & Roll	2 8:30 A Full Body Strength 9:30 A Core & More 10:30 A Fitness Walk 2 P Saturday WOD 3 P TRX Training 4 P Saturday Evening Cool-Down
3 8:30 A Property Walk 9:30 A Yoga Sculpt 10:30 A Wellness Talk: Ayurveda 11:30 A Aerial Meditation	4 8:30 A Property Walk 9:30 A Happy Hips Yoga 10:30 A Aerial Pilates	5 8:30 A Morning Stretch 9:30 A Property Walk 10:30 A TRX Training	6 8:30 A Full Body Strength 9:30 A LIIT 10:30 A Property Walk	7 9:30 A Aerial Yoga 10:30 A Yoga at the Opera	8 8:30 A Fully Body Strength 9:30 A Core & More 10:30 A Fitness Walk 2 P Metabolic Strength Training 3 P YOGA 4 P Stretch & Roll	9 8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Aerial Yoga 2 P Saturday WOD 3 P Property Walk 4 P Saturday Evening Cool-Down
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17 8:30 A Property Walk 9:30 A Yoga Sculpt 10:30 A Wellness Talk: Ayurveda 11:30 A Aerial Meditation	18 8:30 A Property Walk 9:30 A Happy Hips Yoga 10:30 A Aerial Pilates	19 8:30 A Mat Pilates 9:30 A Yoga & Rock Classics 10:30 A Morning Stretch	20 8:30 A Full Body Strength 9:30 A LIIT 10:30 A Property Walk	21 8:30 A Contemplative Stretch 9:30 A Yoga at the Opera 10:30 A Aerial Yoga	22 No Classes	23 No Classes
24 No Classes	25 No Classes	26 No Classes	27 No Classes	28 8:30 A Contemplative Stretch 9:30 A Yoga at the Opera 10:30 A Aerial Yoga	29 No Classes	30 8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Aerial Yoga
31 8:30 A Property Walk 9:30 A Yoga Sculpt 10:30 A Wellness Talk: Ayurveda 11:30 A Aerial Meditation	Private Mind & Body classes, guided hikes, and geocaching adventures are also available with advance reservations. Please contact Discover Ojai at (805) 640-3562 for more information.					



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MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Morning Stretch: Begin your day with gentle stretching and lengthening of all the major muscle groups.

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

Stretch & Roll (30 minutes): This athletic class utilizes a foam roller to target tight areas within the body by means of self myofascial release. The benefits of foam rolling include decreased muscle tension and improved joint range of motion.

Saturday Evening Cool-Down: Full-body stretch and meditation to either start or end your weekend right.

Aerial Meditation: Join us for this floating class in our Aerial Silks. We will start with a few stretches to relax your body and mind, followed by a guided meditation and finish with a long restorative Shavasana, all inside the hammock. Space is limited, we recommend arriving early to register.

YOGA

Aerial Yoga: A first step to learning the basic aerial movements, postures, and stretches in a safe, fun environment. This class is appropriate for all fitness levels and body types. Space is limited, we recommend arriving early to register.

Happy Hips Yoga Flow: Join us for this gentle flow targeting your hip flexors. We will move through deep stretches of the legs, back, hips, and heart.

Yoga with the Beatles: A slow flow class integrating stretch, strength, and style to Beatles music.

Yoga at the Opera: Practice your favorite poses to a concert of arias.

Yoga Hybrid: This slow flow yoga class integrates multiple styles and postures. All levels welcome.

Yoga & Rock Classics: A blend of strength and stretch poses to energizing rock music.

Yoga Sculpt: Strengthen your whole body and mind with this yoga class with weights.

CORE & STRENGTH

Mat Pilates: Classic moves for improved posture, alignment, core strength, and flexibility.

Full Body Strength: Sculpt and tone your body in this low-weight and high-rep dumbbell total body workout.

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

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.

Aerial Pilates: Tone your glutes, back, arms, legs, and core muscles while stabilizing your spine and stretching your whole body using our aerial silk hammocks in this all levels class. Space is limited, we recommend arriving early to register.

Core & More: Performance focus on the muscles of your core – abdominals, lower back, hips and thighs – will help you stand taller and prevent the back pain from which most eventually suffer. All levels.

CARDIO & MORE

LIIT: Low Intensity Interval Training. Receive the benefits of interval training but with more rest and recovery.

Property Walk: A brisk 45 minute walk around our beautiful property. Learn about the history of the Inn as you take in the scenery. Walking shoes are required.

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

WELLNESS TALKS

Ayurveda Talk (30 minutes): In Sanskrit, Ayurveda means the "Science of Life". Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of all Healing." This interactive session explores living and practicing an ayurvedic lifestyle.

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