



SPA OJAI

MIND & BODY CLASS SCHEDULE

JUNE 2022

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. All classes meet in the Spa Village Courtyard. Schedule is subject to change.</p> <p>Contact Spa Reservations at 1-888-772-6524 for more information.</p>			<p>1</p> <p>8 A Morning Stretch 9 A Outdoor Steps 10 A Aqua Pilates</p>	<p>2</p> <p>NO CLASSES</p>	<p>3</p> <p>2 PM Core Sculpt 3 PM Full Body Stretch</p>	<p>4</p> <p>8 A Mindfulness Meditation 9 A Yogalates 10 A Mobility Training 11 A Aerial Yoga 3 P Saturday WOD 4 P Metabolic Strength Training 5 P Stretch & Roll</p>
<p>5</p> <p>8 A Mindfulness Meditation 9 A Gentle Detox Yoga 10 A Flow Kombucha Wellness 11 A Talk Aerial Yoga</p>	<p>6</p> <p>8 A Contemplative Stretch 9 A Yoga with the Beatles 10 A Intro to Aerial Yoga</p>	<p>7</p> <p>8 A Property Walk 9 A Full Body Bootcamp 10 A Morning Stretch</p>	<p>8</p> <p>8 A Morning Stretch 9 A Outdoor Steps 10 A Aqua Pilates</p>	<p>9</p> <p>8 A Property Walk 9 A Core & More 10 A Morning Stretch</p>	<p>10</p> <p>8 A Mat Pilates 9 A YOGA 10 A Intro to Aerial Yoga 2 P Core Sculpt 3 P Full Body Stretch</p>	<p>11</p> <p>8 A Mindfulness Meditation 9 A Yogalates 10 A Mobility Training 11 A Aerial Yoga 3 P Saturday WOD 4 P Metabolic Strength Training 5 P Stretch & Roll</p>
<p>12</p> <p>8 A Mindfulness Meditation 9 A Gentle Detox Yoga 10 A Flow Kombucha Wellness 11 A Talk Aerial Yoga</p>	<p>13</p> <p>8 A Contemplative Stretch 9 A Yoga with the Beatles 10 A Intro to Aerial Yoga</p>	<p>14</p> <p>8 A Property Walk 9 A Full Body Bootcamp 10 A Morning Stretch</p>	<p>15</p> <p>8 A Morning Stretch 9 A Outdoor Steps 10 A Aqua Pilates</p>	<p>16</p> <p>8 A Property Walk 9 A Core & More 10 A Morning Stretch</p>	<p>17</p> <p>8 A Mat Pilates 9 A YOGA 10 A Intro to Aerial Yoga 2 P Core Sculpt 3 P Full Body Stretch</p>	<p>18</p> <p>8 A Mindfulness Meditation 9 A Yogalates 10 A Mobility Training 11 A Aerial Yoga 3 P Saturday WOD 4 P Metabolic Strength Training 5 P Stretch & Roll</p>
<p>19</p> <p>8 A Mindfulness Meditation 9 A Gentle Detox Yoga 10 A Flow Kombucha Wellness 11 A Talk Aerial Yoga</p>	<p>20</p> <p>8 A Contemplative Stretch 9 A Yoga with the Beatles 10 A Intro to Aerial Yoga</p>	<p>21</p> <p>8 A Property Walk 9 A Full Body Bootcamp 10 A Morning Stretch</p>	<p>22</p> <p>8 A Morning Stretch 9 A Outdoor Steps 10 A Aqua Pilates</p>	<p>23</p> <p>8 A Property Walk 9 A Core & More 10 A Morning Stretch</p>	<p>24</p> <p>8 A Mat Pilates 9 A YOGA 10 A Intro to Aerial Yoga 2 P Core Sculpt 3 P Full Body Stretch</p>	<p>25</p> <p>8 A Mindfulness Meditation 9 A Yogalates 10 A Mobility Training 11 A Aerial Yoga</p>
<p>26</p> <p>8 A Mindfulness Meditation 9 A Gentle Detox Yoga 10 A Flow Kombucha Wellness 11 A Talk Aerial Yoga</p>	<p>27</p> <p>8 A Contemplative Stretch 9 A Yoga with the Beatles 10 A Intro to Aerial Yoga</p>	<p>28</p> <p>8 A Property Walk 9 A Full Body Bootcamp 10 A Morning Stretch</p>	<p>29</p> <p>8 A Morning Stretch 9 A Outdoor Steps 10 A Aqua Pilates</p>	<p>30</p> <p>8 A Property Walk 9 A Core & More 10 A Morning Stretch</p>		

Private Mind & Body classes, premium fitness sessions, guided hikes, and geocaching adventures are also available with advance reservations. Premium private fitness sessions include Aerial Yoga, TRX, and Pilates. Please contact Discover Ojai at (866) 887-4007 for more information.



SPA OJAI

MIND & BODY

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

Full Body Stretch: Increase flexibility, mobility and relax during this gentle full body stretch class.

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

Mindfulness Meditation: Slow down your thoughts and calm your body and mind.

Morning Mobility (30 minutes): This class focuses primarily on the neck, shoulders, hips and back using effective, therapeutic movements designed to ease tightness and tension safely.

YOGA

YOUGA: Gentle flow yoga moving through favored poses to fun music. This yoga session is for YOU.

Introduction to Aerial Yoga (45 minutes): 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.

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

Gentle Detox Yoga Flow: Flow with us as we stimulate the digestive system including twists, bends, and deep stretches to bring about vitality and peace of mind.

WELLNESS TALKS

Kombucha(30 min): Learn about the history and different types of kombucha. We will cover the health benefits of this tea-based beverage as well as how to make your own batch at home.

MIND & BODY CLASS DESCRIPTIONS

CORE, STRENGTH & MORE

Aqua Pilates: Stabilize core muscles, challenge postural alignment and balance using the natural resistance of water; this workout incorporates movements based on the Pilates Method

Mat Pilates: Build, strengthen, and tone your core on the mat in this all levels class.

Yogalates: Build strength and tone muscles while improving flexibility and mind-body harmony in this yoga Pilates fusion class.

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.

Core Sculpt: Improve posture, balance, stability and reduce pain as you boost your strength in this lively core workout.

Mobility Training: Improve the range of motion of your joints and muscles while alleviating everyday aches and pains

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

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

Outdoor Steps: A quick routine to increase your heart rate by walking up over 100 steps from the herb garden to the Shangri-La Pavilion and repeating three to five cycles of push-ups along the way.

Morning Run: Starting at Spa Ojai, this run will take you through property and into town. The run is for all levels.

Property Walk: A brisk 45 min walk around our beautiful property. Learn about the history of the OVI and the town of Ojai from our local guides. Walking shoes are required.

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