



SPA OJAI

MIND & BODY CLASS SCHEDULE
MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for guests of the Ojai Valley Inn. Classes begin promptly 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. Please come in layers.</p>			1 <i>No classes scheduled</i>	2 8:30 A Mat Pilates 9:30 A Yoga & Rock Classics 10:30 A Aerial Yoga	3 8:30 A Property Walk 9:30 A Yoga Hybrid 10:30 A Pilates Express 2 P Metabolic Strength Training 3 P YOGA 4 P Stretch & Roll	4 10:30 A Yoga with the Beatles 11:30 A Aerial Yoga 2 P Saturday WOD 3 P Metabolic Strength Training 4 P Stretch & Roll
5 8:30 A Presence Meditation 9:30 A Slow Flow Yoga Wellness Talk: Optimize Your Sleep 10:30 A Aerial Yoga	6 8:30 A Presence Meditation 9:30 A Outdoor Steps 10:30 A Aerial Yoga	7 8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Morning Stretch	8 8:30 A Core & More 9:30 A Morning Stretch 10:30 A Property Walk	9 8:30 A Mat Pilates 9:30 A Yoga & Rock Classics 10:30 A Aerial Yoga	10 8:30 A Lower Body Circuit Full Body Resistance Band Workout 9:30 A Morning Stretch 2 P Metabolic Strength Training 3 P YOGA 4 P Stretch & Roll	11 8:30 A Property Walk 9:30 A Mat Pilates Express 10:30 A Property Circuit 2 P Saturday WOD 3 P Metabolic Strength Training 4 P Stretch & Roll
12 8:30 A Presence Meditation 9:30 A Slow Flow Yoga Wellness Talk: Optimize Your Sleep 10:30 A Aerial Yoga	13 8:30 A Presence Meditation 9:30 A Outdoor Steps 10:30 A Aerial Yoga	14 8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Morning Stretch	15 8:30 A Core & More 9:30 A Morning Stretch 10:30 A Property Walk	16 8:30 A Mat Pilates 9:30 A Yoga & Rock Classics 10:30 A Aerial Yoga	17 8:30 A Lower Body Circuit Full Body Resistance Band Workout 9:30 A Morning Stretch 2 P Metabolic Strength Training 3 P YOGA 4 P Stretch & Roll	18 9:30 A Property Walk 10:30 A Yoga with the Beatles 11:30 A Aerial Yoga 2 P Saturday WOD 3 P Metabolic Strength Training 4 P Stretch & Roll
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26 <i>No classes scheduled</i>	27 <i>No classes scheduled</i>	28 <i>No classes scheduled</i>	29 <i>No classes scheduled</i>	30 8:30 A Low Impact Cardio 9:30 A Dynamic Stretch 10:30 A Fitness Walk	31 8:30 A Property Walk Full Body Resistance Band Workout 9:30 A Morning Stretch Metabolic Strength Training 2 P YOGA 3 P Stretch & Roll 4 P	

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.



SPA OJAI

MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Morning Stretch (30 minutes): Begin your day with gentle stretching and lengthening of all the major muscle groups.

Stretch & Roll (30 minutes): This athletic stretch 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.

Presence Meditation: The more we train our focus to be in the moment, the more our happiness develops and grows.

Dynamic Stretch: This 30-minute class focuses primarily on the neck, shoulders, hips and back using effective, therapeutic movements designed to ease tightness and tension safely.

YOGA

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

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

Slow Flow Yoga: Reconnect to yourself during this deep and slow, all-levels yoga flow.

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

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.

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

WELLNESS TALKS

Optimize Your Sleep (30 minutes): Sleep is the foundation for all pillars of health such as physical health, emotional health, cognitive health, and social health. Learn how to maximize your sleep and the benefits of healthy sleeping habits.

CORE & STRENGTH

Core & More: Performance focus on the muscles of your core – abdominals, lower back, hips, and thighs- will help you stand taller.

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

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

Full Body Resistance Band Workout: Sculpt and tone your body using resistance bands in this total body workout.

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

Lower Body Circuit: Focusing on the legs and glutes, tone your lower body with this targeted dumbbell workout.

CARDIO & MORE

Fitness Walk: A brisk walk into downtown Ojai and back. Walking shoes are required.

Property Circuit: Focus on lower-body cardio and interval training while making your way across property and back.

Saturday WOD: This Saturday “Workout of the Day” involves high-intensity circuit training

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.

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.

Low Impact Cardio: This all levels class focuses on the foundations to work and strengthen the body doing a full body cardio workout.

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