



SPA OJAI

MIND & BODY CLASS SCHEDULE
NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for guests of the Ojai Valley Inn. 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. Please come in layers.</p>		<p>1</p> <p>8:30A Mat Pilates 9:30A Yoga with the Beatles 10:30A Aerial Yoga</p>	<p>2</p> <p>8:30A Lower Body Circuit 9:30A Morning Mobility 10:30A Fitness Walk</p>	<p>3</p> <p>8:30A Mat Pilates 9:30A Yoga & Rock Classics 10:30A Morning Stretch</p>	<p>4</p> <p>8:30A Full Body Resistance Band Workout 9:30A Morning Mobility 10:30A Outdoor Steps 2P Metabolic Strength Training 3P YOGA 4P Stretch & Roll</p>	<p>5</p> <p>8:30A Yoga with the Beatles 9:30A Fitness Walk 3P Saturday WOD 4P Metabolic Strength Training 5P Stretch & Roll</p>
<p>6</p> <p>8:30A Walking Weights 9:30A Autumn Yoga Flow 10:30A Ayurveda Talk 11:30A Aerial Yoga</p>	<p>7</p> <p>8:30A Walking Weights 9:30A Prana Yoga Flow 10:30A Aerial Yoga</p>	<p>8</p> <p>8:30A Mat Pilates 9:30A Yoga with the Beatles 10:30A Aerial Yoga</p>	<p>9</p> <p>8:30A Lower Body Circuit 9:30A Morning Mobility 10:30A Fitness Walk</p>	<p>10</p> <p>8:30A Mat Pilates 9:30A Yoga & Rock Classics 10:30A Morning Stretch</p>	<p>11</p> <p>8:30A Full Body Resistance Band Workout 9:30A Morning Mobility 10:30A Outdoor Steps 2P Metabolic Strength Training 3P YOGA 4P Stretch & Roll</p>	<p>12</p> <p>8:30A Morning Mobility 9:30A Yoga with the Beatles 10:30A Mat Pilates Express 3P Saturday WOD 4P Metabolic Strength Training 5P Stretch & Roll</p>
<p>13</p> <p>8:30A Walking Weights 9:30A Autumn Yoga Flow 10:30A Ayurveda Talk 11:30A Aerial Yoga</p>	<p>14</p> <p>8:30A Walking Weights 9:30A Prana Yoga Flow 10:30A Aerial Yoga</p>	<p>15</p> <p>8:30A Mat Pilates 9:30A Yoga with the Beatles 10:30A Aerial Yoga</p>	<p>16</p> <p>8:30A Lower Body Circuit 9:30A Morning Mobility 10:30A Fitness Walk</p>	<p>17</p> <p>8:30A Mat Pilates 9:30A Yoga & Rock Classics 10:30A Morning Stretch</p>	<p>18</p> <p>8:30A Full Body Resistance Band Workout 9:30A Morning Mobility 10:30A Outdoor Steps</p>	<p>19</p> <p>8:30A Morning Mobility 9:30A Yoga with the Beatles 10:30A Mat Pilates Express</p>
<p>20</p> <p>8:30A Walking Weights 9:30A Autumn Yoga Flow 10:30A Ayurveda Talk 11:30A Aerial Yoga</p>	<p>21</p> <p>8:30A Mat Pilates 9:30A Yoga with the Beatles 10:30A Aerial Yoga</p>	<p>22</p> <p>8:30A Walking Weights 9:30A Prana Yoga Flow 10:30A Aerial Yoga</p>	<p>23</p> <p>8:30A Lower Body Circuit 9:30A Morning Mobility 10:30A Fitness Walk</p>	<p>24</p> <p>8:30A Mat Pilates 9:30A Gratitude Yoga 10:30A Morning Stretch</p>	<p>25</p> <p>8A Turkey Trot 3P Gratitude Yoga 4P Aerial Yoga</p>	<p>26</p> <p>9A Gratitude Yoga 10A Metabolic Strength Training 11A Stretch & Roll</p>
<p>27</p> <p>8A Walking Weights 9A Serene Yin Yoga & Meditation 10A Ayurveda Talk 11A Aerial Yoga</p>	<p>28</p> <p>8:30A Walking Weights 9:30A Prana Yoga Flow 10:30A Aerial Yoga</p>	<p>29</p> <p>8:30A Mat Pilates 9:30A Yoga with the Beatles 10:30A Aerial Yoga</p>	<p>30</p> <p>8:30A Lower Body Circuit 9:30A Morning Mobility 10:30A Fitness Walk</p>	<p><i>Private Mind & Body classes, private guided hikes, geocaching adventures, and personal training are also available with advance reservations. Please inquire at the Spa Front Desk, Discover Ojai Experience Planning Center or contact Mind & Body Fitness Supervisor, Carolyn Maul at 805.640.2014.</i></p>		



SPA OJAI

MIND & BODY

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

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

Morning Mobility: Start the day with stretches that will improve your flexibility and range of motion.

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.

YOGA

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.

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

Prana Yoga Flow: Connect to the deep rhythm of your breath as we move through powerful yoga poses all guided by the beat of your heart.

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

CORE & STRENGTH

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

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.

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

Walking Weights Workout: Revel in the fresh air during this fun workout including sets of jump squats, planks, push-ups, and more. Weights are optional for use.

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

MIND & BODY CLASS DESCRIPTIONS

CARDIO & MORE

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

Outdoor Steps: A circuit to increase your heart rate by repeating cycles of total body movements from the Orchard Garden to the Shangri-La Pavilion.

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

WELLNESS TALKS

Ayurveda Talk: 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.

SERENITY SEASON FEATURED CLASSES

Autumn Yoga Flow: Join us for this slower paced, longer holds yoga class as we embrace fall and the beauty that change brings. Sundays at 9:30 AM from November 6th to November 20th.

Turkey Trot Fun Run: Work off your delicious Thanksgiving feast with a guided Turkey Trot fun run. Enjoy a brisk morning walk or jog around the property guided by Spa Ojai fitness instructors. The trot begins at 8 AM on November 25th in front of Spa Ojai. Families and leashed dogs are welcome.

Gratitude Yoga: Celebrate the internal, still energy of the season as we move deeply into gratitude during this slower-paced all-level yoga flow, while focusing deeply on your breath. Offered at 3 PM on November 25th and at 9 AM on November 26th.

Serene Yin Yoga and Meditation: Find and tend to your inner stillness during the bustling holiday season as we move through a slow-paced all-level yoga flow. We will finish with longer-held yin poses and deep meditation to renew body, mind, and spirit. Sundays at 9 AM beginning November 27th.

Private Mind & Body classes, private guided hikes, geocaching adventures, and personal training are also available with advance reservations. Please inquire at the Spa Front Desk, Discover Ojai Experience Planning Center or contact Mind & Body Fitness Supervisor, Carolyn Maul at 805.640.2014.