

MIND/BODY EMPHASIS

Mind, Body & You—A questionnaire based in Chinese Medicine, Ayurvedic principles, the Human Dynamics & Myers-Briggs personality tests and a discipline known as Kinesiology
Guided Meditation—Experience an inward journey with this introduction to basic meditation (no experience necessary)

Creative Visualization—This class allows you to relax and let your body drift to another place in your mind. This class is a must!

Tai Chi—An art, an exercise, a meditation and a martial art that taps into our natural dance through slow, intentional movement. Tai Chi strengthens, revitalizes and articulates the whole body.

Qi Gong (Chi Kung)—The root of Tai Chi, which is similar, yet different. Learn these gentle exercises that focus on breath, energy and relaxation.

Ojai Sunset Stretch—Gentle stretching of the major muscle groups will be emphasized. All levels of flexibility will be accommodated.

Somatics Stretch—A mind & body stretch that focuses on gentle moves that help replace sensory motor amnesia with sensory motor awareness.

Fitness Stretch—Sport specific stretches to improve your flexibility

Chanting—An excellent and ancient way to transform vibrations, energize chakras, and raise body, mind and spirit!

DANCE & MOVEMENT

Cardio Jazz—A fun & funky dance class that will leave you smiling; Low impact; Perfect for all levels.

Body Hoops—Flex and strengthen your core muscles while you develop coordination and balance. In this class you will learn how to hula hoop for fun and for fitness.

BALL

On the Ball—This class promotes strength, flexibility and balance. Using a Swiss fitness ball for each exercise, you will experience greater co-ordination and improvements in posture.

Ball Sculpt—Weighted Chi balls & light dumbbell work on the Swiss Ball to help strengthen you from head to toe.

WALKS/HIKES

Morning Fitness Walk & Sunset Stroll—A quick-paced walk into downtown Ojai, walking shoes required (**Meet in the Spa Courtyard**)
Guided Nature Walk—Get to know the property and learn about herbs and plants as you go by walking with a knowledgeable guide for an enlightening activity!

Guided Hike (moderately paced) **Power Hike** (more vigorously paced) & **Nature Hike** (slightly slower paced) are approximately 2-3 hour hikes that take place in the beautiful Ojai mountains. Sturdy hiking boots or walking shoes are recommended. **\$60 per person (2 p. min)**
For HIKES, please contact Spa Front Desk to register.

SPINNING

Spinning—Spinning is a group cycling class done on fixed gear stationary bikes. Spinning incorporates visualization of various terrains from flat roads to hills. It challenges your cardiovascular system while revitalizing your mind!

Spin For Strength—Traditional Spinning combined with weight training and weighted Chi ball work while on the bike.

SpinYoga—This class features two of the most popular fitness modalities today—spinning and yoga. A 25 minute intense spin will be followed by 25 minutes of flowing yoga. Participants will work all three of the pillars of fitness: cardiopulmonary, flexibility and strength in a dynamic 50-minute class (suggested for people in good physical condition)

Cy Yo—Indoor cycling and Yoga together in a class for all.

YOGA

Yoga Essentials—is a more of a beginning level class for those that have never taken yoga or those that want to refresh their knowledge.

Yoga Flow—focuses on all aspects of inner strength, moving from one asana to the next; all levels are welcome.

Power Yoga—is a more challenging/intermediate class promoting muscular strength; Previous yoga experience preferred.

Yoga for Relaxation—Gentle stretching poses incorporated with breathing to promote relaxation of the mind & body.

Yin Yoga—A deep, powerful yoga that works through sustained stretching and compressive postures allowing for physical release.

Yoga Ball—A combination of yoga and Swiss ball exercises to increase your flexibility, balance and core strength.

Yoga for Your Back—Stretch, strengthen & add flexibility to your low back; Relaxing yoga with a peaceful meditation & soft live music.

Gentle Yoga—Walking and seated meditation to bring you to the present moment with gentle yoga and Zen flute.

Zen Yoga—Combines meditation, yoga, and Zen flute to bring you to the present moment.

TARGET AREAS

Abs-Solutely—1/2 hour of pure abdominal and core strengthening. This class is a must!

Flex & Roll—This class uses foam rollers that open up muscle groups through intense trigger point and myofascial release. 40 min. of rolling followed by 10 minutes of stretching and flexibility exercises; Work out the kinks in this tough yet relaxing class; All levels welcome.

Abs & Buns—This class will work your abs and buns to the max!

Awesome Arms—Tone your biceps, triceps and shoulders in this 1/2 hour upper extremity blast.

PILATES-BASED WORK

Pilates Mat Work—Improve strength, flexibility, balance and posture during this mat-based class. Using techniques developed by Joseph Pilates, this class will strengthen your core muscle groups and improve mental focus.

Pi Yo—A combination of Yoga and Pilates that is sure to please!

HIGH INTENSITY

Fit Trek—Limited to 4 guests, this class takes place downstairs in the Mind/Body gym. You will get a great workout using the treadmill & weights in a circuit-style class.

Basics+ Boot Camp—Burn calories, firm, tighten, and tone with a combo of strength and cardio training!

Outdoor Cross Training—Enjoy the beautiful outdoors while working out. This class takes you to the max as you run, sprint, & perform jumping exercises to target your whole body. Participants should be in good cardiovascular & physical condition; This is one of our harder classes.

WATER

Water Aerobics—Water exercise at its best!

Water Conditioning—This class will strengthen and tone you while moving through the water; help shape your body!

Water Flow—Qi Gong & Tai Chi in a beautiful, serene aquatic environment.

WEIGHT TRAINING

Welcome to Weights—This class is designed to give you the basics of weight training in a simple and easy to understand method. Learn why and how to lift safely and effectively.

Total Body Toning—Using a variety of equipment this class gives you exercises for the entire body to help firm and tone all muscles.



PERSONAL TRAINING & PRIVATE INSTRUCTION

Treat yourself to a private one-to-one (or one-to-two) session with one of our knowledgeable Mind & Body specialists.

Possibilities include:

- Private Yoga
- Water Classes
- Pilates Matwork
- Pilates Reformer
- Stretching
- Guided Meditation
- Tai Chi
- Qi Gong
- Spinning
- Weight Training

** For private training, please inquire at Spa Front Desk.*