

MIND/BODY CLASS DESCRIPTIONS

Mind Body Emphasis

Guided Meditation: Experience an inward journey with this introduction to basic meditation.

Silent Meditation: More challenging than guided meditation. This unstructured form of meditation will help you find balance through silence.

Tai Chi: Part martial art part meditation this exercise improves balance, strength and mental focus through slow controlled movements.

Qi Gong (Chi Kung): A close cousin to Tai Chi but different. With more emphasis on breath and energy this ancient art will bring focus and relaxation to the whole body and mind.

Somatic Stretch: A deep set of resistance stretches that helps replace sensory motor amnesia with sensory motor awareness.

30 Minute Sunset Stretch: Gentle stretches for all the major muscle groups as the sun sets over the beautiful Ojai Valley.

Ball classes

On the Ball: This class promotes strength, flexibility and balance. Using a fitness ball for each exercise, you will experience greater coordination and improved posture.

Bosu Training: Exercises done on the Bosu half dome trainer improve balance, muscle stability, mental focus and athletic performance. This is a great class for improving core strength.

Walks and Runs

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

Nature Walk: A guided botanical walk around the Ojai Valley Inn & Spa. Get to know the property, its history and its landscaping.

5K Fun Run: A 3.1 mile run that will really get your blood pumping. Led by one of our Mind/Body specialists.

Spinning

Spinning: Spinning is a group exercise class done on a fixed gear stationary bike. It will challenge you both aerobically and anaerobically. Spinning is one of the best workouts in fitness today.

Spin for Strength: Traditional Spinning combined with strength training. A whole body workout.

Spin Yoga: 25 minutes of high intensity spin followed by 25 minutes of power yoga. Not for the faint of heart!

Spin Core: 25 minutes of high intensity spin followed by 25 minutes of core training.

Yoga

Yoga Essentials: This is a beginning level yoga class for those who have never taken yoga or want to refresh their knowledge.

Yoga Flow: A Vinyasa-style class that flows from one pose to the next; all levels are welcome.

Power Yoga: A more athletic style of yoga that focuses on strength asanas.

Gentle Yoga: Walking and seated meditation accompany gentle yoga asanas that help quiet the mind and relax the body.

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

Introduction to Kundalini Yoga: Yoga based on breath work and simple postures that takes the practitioner deeper into the yogic practice.

Pilates Based Work

Pilates Mat Work: Based on the work of Joseph Pilates, these exercises improve core strength and flexibility.

Pilates on the Ball: Pilates-based exercises done on a fitness ball. This workout is fun and challenging.

The Essential Triangle: A combination of Pilates, yoga and meditation. A workout for body, mind and spirit.

High Intensity

Step it Up: From the bottom of the herb garden to the top of the pavilion there are 100 steps. We run the steps 3-5 times adding in push ups, dips, sit ups and mountain climbers for good measure.

Fit Trek: This class takes place in the Mind/Body gym. You will get a great workout using the treadmill & weights in a circuit style class.

Boot Camp: Burn calories, firm, tighten and tone with a combo of strength and cardio using nothing but your own body weight.

Cardio Circuit: Move from one high-intensity cardio exercise to the next working the entire body and burning maximum calories in the minimum amount of time.

Outdoor Cross Training: Athletic training in the great outdoors. Plyometrics, sprints, calisthenics, hill runs and other ballistic exercises push your body to the limit.

Water

Water Aerobics: Water exercise at its best.

Water Pilates: Pilates-inspired exercise done in the cool, refreshing aquatic environment.

Water flow: Yoga, Pilates, tai chi and qi gong practiced in the beautiful, serene aquatic environment.

Private Hikes and Trainings

We also have guided private hikes, geo-cache hikes, trail runs, Pilates Reformer work and private trainings available in almost every modality.

See the Spa front desk for details.