

# FUN AND ADVENTURE

## April 14th - 20th

All Activities Are Complimentary for Guests & Members Unless Otherwise Specified.

**Sunday**  
April 14

**3pm** Line Dance -  
**Rozali** (Tucson)

**5:30pm** Native  
Flute (Colibri  
Firepit)

**Monday**  
April 15

**7:30am** Dynamic  
Stretching - **Joe**  
(FR)

**7:30am** HIIT  
Circuit - **Darian**  
(FR)

**9:30am** HIIT  
Circuit - **Darian**  
(FR)

**5:30pm** Native  
Flute (Colibri  
Firepit)

**Tuesday**  
April 16

**7am** Stretch -  
**Mitzellah** (MS)

**7:30am** HIIT Circuit-  
**Darian** (FR)

**8:30am** Chair Yoga -  
**Mitzellah** (MS)

**9:30am** HIIT Circuit  
- **Darian** (FR)

**9:30am** Yoga Nidra -  
**Mitzellah** (MS)

**10:30am** Abs &  
Stretch - **Sarah** (FR)

**11:30am** Power  
Walk - **Sarah** (FR)

**3pm** Tai Chi Gung -  
**Judith and Tom**  
(Sunset Point)  
\*\$15 Fee Applies

**5:30pm** Native  
Flute (Colibri  
Firepit)

**Wednesday**  
April 17

**International Haiku Day**

**7am** 1.5 Hour Desert Hike-  
**Jen** (Lobby)

**8am** Active Mobility -  
**Darian** (FR)

**9am** Yoga Flow - **Jen**  
(MS)

**10am** Active Mobility -  
**Darian** (FR)

**10am** Haiku Writing -  
**Kristy** (Colibri Lounge)

**10:30am** Mom & Baby  
Group- **Jen** (Tucson)

**1pm** Meditation - **Jen**  
(MS)

**1pm** Strength Training -  
**Hugo** (FR)

**2pm** Stretch - **Hugo** (MS)

**3pm** Fitness Counseling -  
**Hugo** (FR)

**5:30pm** Native Flute  
(Colibri Firepit)

**5:30pm** Live Music  
(Epazote)

**Thursday**  
April 18

**National Exercise Day**

**8:30am** HIIT  
Circuit - **Darian**  
(FR)

**10am** HIIT Circuit -  
**Darian** (FR)

**1pm** Stretch -  
**Hugo** (MS)

**2pm** Abs & Glutes-  
**Hugo** (FR)

**3pm** Intro to  
Cycling - **Hugo** (FR)

**3pm** Tai Chi Gung -  
**Judith and Tom**  
(Sunset Point)  
\*\$15 Fee Applies

**5:30pm** Native  
Flute (Colibri  
Firepit)

**Friday**  
April 19

**9am** Stretch -  
**Kristy** (MS)

**2pm** Balance-  
**Hugo** (MS)

**3pm** Intro to  
Weightlifting -  
**Hugo** - (FR)

**5:30pm** Native  
Flute (Colibri  
Firepit)

**6pm** Live Music -  
**Sly the Piano Guy**  
(Lobby)

**Saturday**  
April 20

**10:15am** Saguaro  
Walk & Talk - **Rozali**  
(Lobby)

**12:15pm** Aqua Yoga  
- **Rozali** (Main Pool)

**5:30pm** Native  
Flute (Colibri  
Firepit)

**6pm** Live Music -  
**Sly the Piano Guy**  
(Lobby)



**Class Descriptions:**

**Abs & Glutes:** Focused exercises to tone the core and the glutes.

**Abs & Stretch:** A full body stretch, innovative abs strengthening throughout.

**Aqua Yoga:** What could be more fun than yoga in the pool?! Proper pool attire required.

**Balance:** Strengthen the core and focus on improving balance.

**Desert Hike:** A moderately vigorous stroll with breaks to learn about the desert & to take photos.

**Dynamic Stretching:** Energize your body with gentle movements. (Outdoors, weather permitting)

**Fitness Counseling:** Develop a plan you can stick to and achieve your wellness goals.

**HIIT Circuit:** High Intensity Interval Training to get your heart pumping.

**Intro to Cycling:** Learn how to use the indoor bikes and the basics of spinning.

**Intro to Weightlifting:** Learn proper form and how to lift weight safely.

**Line Dance:** Learn easy steps to your favorite tunes. A great cardio workout for all levels.

**Meditation:** Learn the art of paying attention and being still.

**Mom & Baby Group:** Open to all moms and babies (newborn to crawling) for connection and support from other moms.

**Power Walk:** A fast-paced walk around the beautiful resort & accompanying neighborhood.

**Saguaro Walk & Talk:** Leisurely walk with informative talk about Sonoran Desert.

**Strength Training:** Get stronger with weight bearing exercises.

**Stretch:** Gentle stretching for the whole body. All levels welcome.

**Tai Chi Gung:** a series of gentle moving & breathing exercises that restore Energy/Chi in the body.

\$15/person payable directly to the teachers.

**Yoga Flow:** Mindful Movement guided by the rhythm of the breath.

**Yoga Nidra:** Guided meditation to promote relaxation & help improve quality of sleep.

**Location Key:**

FR = Fitness Room

MS = Movement Studio

# FOOD, WELLNESS, & SHOPPING

## Food & Drink

### Colibri Lobby Lounge

11a-11p daily  
(kitchen closes at 10p)  
Happy Hours 4-6p and  
8-10p  
Signature cocktails  
and gastropub  
favorites  
Ext. 1757

### Desert Springs Bar & Grill

11a – 6p daily  
Ext. 1187

### Epazote Kitchen & Cocktails

5-9p daily  
Adventurous  
Southwest cuisine  
featuring local, fresh,  
and seasonal spices.  
Ext. 1705

## Kids Club

- \$15/hour, \$55/4 hours, \$95/8 hours
- For guests ages 4-12
- Available by request.
- 24-hour advance registration required. Ext. 1131

### Grab & Go

6a – 4p daily  
Coffee, breakfast  
sandwich, salads, quick  
snacks/drinks and  
Brainteasers  
Ext. 1596

### In-Room Dining

7-10:30a breakfast  
5-9p Dinner  
Served daily. Enjoy a  
delicious meal in the  
comfort of your room  
Ext. 1717

### Sundance Cafe

6:30 – 11a daily  
Breakfast  
11 – 2p Lunch  
Casual American  
cuisine.  
Ext. 1700

## Recreation

### Acacia Pool

- Relaxing, serene pool for adults only
- 7a-10p daily

### Bike Rentals

- Available at front desk, 2-hr time limit
- Dawn to dusk daily

### Desert Springs Oasis

- Main pool 7a-10p daily
- Hot and cold springs
- Slide Rock
- Kiddie pool 9a-5p daily

### Golf

- Pusch Ridge Municipal 9-hole Golf Course adjacent to resort. Two additional 18-hole Oro Valley municipal courses 15 minutes from resort. Call 520-500-1250

### Hiking

- Beautiful, high desert hiking steps away.
- Maps at front desk

## Wellness

### Fitness Center

- Life Fitness cardio and weights
- Peloton bike
- 5a-Midnight daily

### SpaWell

- Signature massage and facials
- Body treatments
- Private Pool
- Salt therapy lounge
- Steam rooms
- Relaxation lounge
- 9a – 7p daily

**Private Sessions** with our Wellness Staff available by request. \$75/hour

- Yoga / Pilates
- Personal Training
- Meditation
- Assisted Stretching / Bodywork
- Energy Work (Reiki, Cranial Sacral, Sound Healing)
- Hiking 2-4 hours

Call Ext. 1131 or email [Kristy.Harvey@hilton.com](mailto:Kristy.Harvey@hilton.com) to book.

## Retail Therapy

### El Conquistador Gift Shop and General Store

- Locally sources unique gifts, art, clothing and jewelry
- Snacks and sundries
- 8a – 5p daily

### Artists Nest – Studio & Gallery

- Rotating art by Local artists whose work embraces and celebrates the rich culture of the Southwest

### SpaWell

- Phia Lab energy serums and creams
- Individualized skin care products
- Spa wear and body products
- 9a – 7p daily

All levels are welcome to attend any of our wellness classes. To ensure we have enough room for everyone, please sign up for classes at least 4 hours prior. Sign up at the Front Desk, online, or email [Kristy.Harvey@hilton.com](mailto:Kristy.Harvey@hilton.com) to reserve your spot.

\*\*Classes are subject to cancellation. Those who have signed up will receive notification of cancellation.

\*\*\*Please arrive a few minutes prior to start time so that we may start and end on time without disruption to the class.