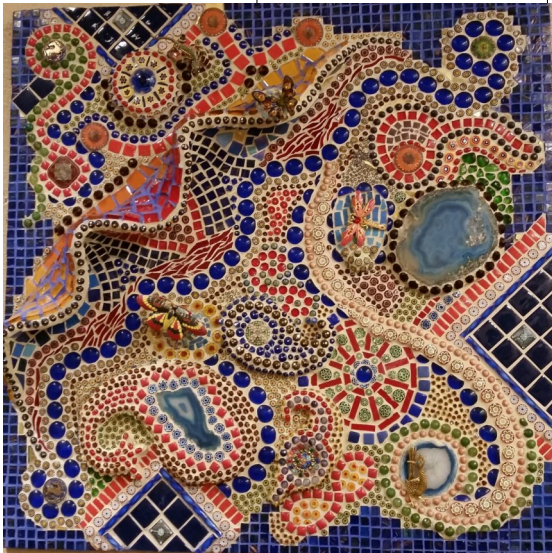


GUIDE TO FUN & ADVENTURE

WEEKLY ACTIVITIES - October 16-22, 2017

Mon, Oct 16	Tues, Oct 17	Wed, Oct 18	Thurs, Oct 19	Fri, Oct 20	Sat, Oct 21	Sun, Oct 22
6a-8p Daily Buzz Brainteasers <i>Grab & Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab & Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab & Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab & Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab & Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab & Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab & Go</i>
9a Fitness Walk <i>Main Pool</i>	8a Hatha Yoga <i>Elements Wellness Center</i>	8:30a Fitness Walk <i>Elements Wellness Center</i>	8a Hatha Yoga <i>Elements Wellness Center</i>	11a Power Walk <i>Elements Wellness Center</i>	8:30a Zumba <i>Elements Wellness Center</i>	8:30a Elements Desert Family Hike
11a Poolside Games	11a Poolside Games	10a Core Yoga <i>Elements Wellness Center</i>	9a Zumba <i>Elements Wellness Center</i>	11-3p Poolside Games	9a-9p El Con Kids Club*	9-1 p El Con Kids Club*
1p Poolside Games	1p Poolside Games	11a Yin Yoga <i>Elements Wellness Center</i>	11a Poolside Games	12p Pilates <i>Elements Wellness Center</i>	11-5p Poolside Games	9:30a Yin Yoga <i>Elements Wellness Center</i>
4-6p Colibri Social Hour*	5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>	11a Poolside Games	12p Pilates <i>Elements Wellness Center</i>	3-6p Taco Bar* <i>Colibri Lounge</i>	12p Yoga <i>Elements Wellness Center</i>	10:30 Core Strength Yoga <i>Elements Wellness Center</i>
4:30p Yin Yoga <i>Elements Wellness Center</i>		1p Poolside Games	1p Poolside Games	5-9p El Con Kids Club*	3-6p Taco Bar* <i>Colibri Lounge</i>	11-3p Poolside Games
5:30p Walking Meditation <i>Elements Wellness Center</i>		4p Zumba <i>Elements Wellness Center</i>	4-6p Colibri Social Hour*	5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>	5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>	
		4-6p Colibri Social Hour*	5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>	6-9p Live Music: Pianist Sly Slipetsky <i>Colibri Lounge</i>	6-9p Live Music: Pianist Sly Slipetsky <i>Colibri Lounge</i>	
		5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>				



Featured Artist of the Month

Karen Gauci
Mosaic Artist

Karen's work can be seen in our Artist's Nest, located just down the main hall from the Tech Lounge, open 9am to 9pm daily.

Hilton

TUCSON EL CONQUISTADOR
GOLF & TENNIS RESORT

All activities may be affected by weather and other unforeseen circumstances. The Hilton Tucson El Conquistador reserves the right to change or cancel any schedule event without notice. Activities are included in resort fee unless otherwise noted; fees subject to change without notice.

*Additional charges apply.

Resort Dining

Sundance Café – Serving casual American cuisine for breakfast and lunch. *Ext. 1700*

Open daily 6am-1:30pm

Epazote Kitchen & Cocktails – Whether you're a seasoned connoisseur of Southwest cuisine, or a curious adventurer, you'll be treated to a fresh, inspiring experience every time you walk through our doors. *Ext. 1705*

Open nightly 5-10pm

Colibri Lobby Lounge – Sip on one of our signature cocktails while enjoying a selection of gastropub favorites. *Ext. 1757*

Open daily 10am-midnight

Social Hour daily 4-6pm

Desert Springs Bar & Grill – Enjoy your favorite beverage and relaxed poolside dining. *Ext. 1187*

Open daily 11am-5pm

Grab & Go – For a morning Starbucks, breakfast sandwich or anytime salad or sandwich, try our new lobby outlet for a quick bite, snack or beverage. Wine and beer also available. *Ext. 1596*

Open daily 6am-8pm

In-Room Dining – Unwind, relax and enjoy a meal in the comfort and privacy of your room. *Ext. 1717*

Available daily 6am-11pm

Resort Pools

Desert Springs Oasis – With our mild Tucson weather, you can enjoy our Desert Springs Oasis any time of year.

Daily Hours:

Main Pool 8am-10pm

Hot & Cold Springs 8am-10pm

Slide Rock 9am-5pm

Shallow Springs 9am-5pm

Acacia Pool – Offering a serene retreat from the hustle and bustle of the outside world, our adults-only Acacia Pool offers a quiet, scenic area for guests to relax and unwind.

Open daily 8am-10pm

Well-Being

Elements Wellness Center

Spa Treatments – Relax and rejuvenate at the Spa and Fitness Center at Elements Wellness Center. Call the spa desk to make a reservation or to inquire about spa treatments and seasonal specials. Offerings include massages, body treatments and energy treatments.

Open daily 8am-7pm

Call ext. 1260 for more information or to book an appointment.

Daily Window to Wellness

Enjoy our many fitness classes to get you started or to continue on a journey to wellness.

Complimentary with resort fee. Children ages 16-18 years may participate with parental permission; children under age 16 must be accompanied by a parent or guardian. Please remember to bring water, wear a hat and sunscreen and wear appropriate shoes.

Fitness Center – Our state of the art fitness center includes weights and cardio equipment. The fitness center is located in Elements Wellness Center.

Open daily 24 hours with room key; complimentary with resort fee.

Recreation

Bike Rentals – Bicycles are available for use for 1 or 2 hours during Elements Wellness Center hours starting at 8am. Last available rental time is 5pm, for return by 7pm.

2-hour rental complimentary with resort fee.

Hiking – Miles of paths take you through the beautiful high-desert landscape. Plus, there are hiking trails that enter the adjacent national forest.

See Concierge for maps

Horseback Riding – Enjoy the fresh mountain air and get a real taste of the old West with a trail ride from El Conquistador's newest adventure! With an 18-horse stable located on property, you're just a stroll away from a memorable activity you'll be talking about forever.

Call 928.856.0145 to book your ride or lesson.

Kids Club – Half day, full day or by the hour, our team has endless activities for guests ages 4-12.

Call 520.544.1186 for details.