

# GUIDE TO FUN & ADVENTURE

## WEEKLY ACTIVITIES - August 7-13, 2017

### Mon, Aug 7

- 6a-8p Daily Buzz Brainteasers *Grab & Go*
- 9a Aqua Fitness *Main Pool*
- 11a Poolside Games
- 1p Poolside Games
- 4-6p Colibri Social Hour\*
- 4:30p Yin Yoga *Elements Wellness Center*
- 5:30p Walking Meditation *Elements Wellness Center*

### Tues, Aug 8

- 6a-8p Daily Buzz Brainteasers *Grab & Go*
- 8a Pool Yoga *Main Pool*
- 11a Poolside Games
- 1p Poolside Games
- 4-6p Colibri Social Hour\*
- 6p Native Flute with Larry Redhouse *Main Courtyard*

### Wed, Aug 9

- 6a-8p Daily Buzz Brainteasers *Grab & Go*
- 8:30a Morning Stretch *Elements Wellness Center*
- 11a Poolside Games
- 1p Poolside Games
- 3p Zumba *Elements Wellness Center*
- 4p Hatha Yoga *Elements Wellness Center*
- 4-6p Colibri Social Hour\*
- 5p Yoga for Relaxation *Elements Wellness Center*
- 6p Native Flute with Larry Redhouse *Main Courtyard*

### Thurs, Aug 10

- 6a-8p Daily Buzz Brainteasers *Grab & Go*
- 8a Pool Yoga *Main Pool*
- 9a Zumba *Elements Wellness Center*
- 11a Poolside Games
- 12p Pilates *Elements Wellness Center*
- 1p Poolside Games
- 4-6p Colibri Social Hour\*
- 6p Native Flute with Larry Redhouse *Main Courtyard*

### Fri, Aug 11

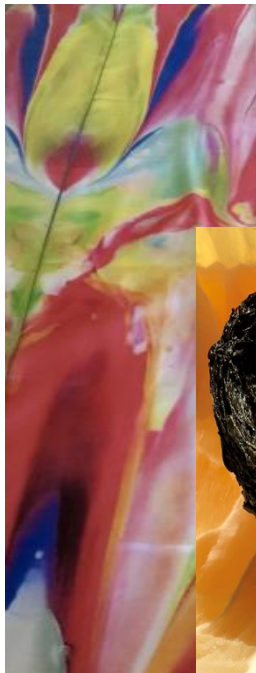
- 6a-8p Daily Buzz Brainteasers *Grab & Go*
- 9a Power Walk *Elements Wellness Center*
- 10a Bingo *Main Pool*
- 11a Pilates *Elements Wellness Center*
- 11-3p Poolside Games
- 12p Pool Yoga *Main Pool*
- 3-6p Poolside Taco Bar\*
- 4-6p Colibri Social Hour\*
- 5-9p El Con Kids Club\*
- 6p Native Flute with Larry Redhouse *Main Courtyard*
- 7-8p S'mores\* *Desert Springs*
- Dusk Dive-In Movie: *Happy Feet*

### Sat, Aug 12

- 6a-8p Daily Buzz Brainteasers *Grab & Go*
- 8:30a Zumba *Elements Wellness Center*
- 9a-9p El Con Kids Club\*
- 9:30a Yoga *Elements Wellness Center*
- 10a Bingo *Main Pool*
- 11-1p Sungazing *Main Courtyard*
- 11-5p Poolside DJ & Games
- 12p Cookie Baking\* *See Concierge for reservations and details*
- 3-6p Poolside Taco Bar\*
- 4-6p Colibri Social Hour\*
- 6p Native Flute with Larry Redhouse *Main Courtyard*
- 6:30-9:30p Live Music: Pianist Sly Slipetsky *Colibri Lounge*
- 7-8p S'mores\* *Desert Springs*
- Dusk Dive-In Movie: *Happy Feet 2*
- 8-10p Stargazing *Main Courtyard*

### Sun, Aug 13

- 6a-8p Daily Buzz Brainteasers *Grab & Go*
- 8:30a Elements Desert Family Hike
- 9-1p El Con Kids Club\*
- 9:30a Tucson Petting Zoo *Sundance Lawn*
- 9:30a Yin Yoga *Elements Wellness Center*
- 10:30 Core Strength Yoga *Elements Wellness Center*
- 11-3p Poolside DJ & Games



### Featured Artist of the Month

**Candace Greenburg**  
Bronze sculpture | Silk Hangings

Candace'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. Look for her working around the resort throughout the month.

All activities may be affected by weather and other unforeseen circumstances.

The Hilton Tucson El Conquistador reserves the right to change or cancel any scheduled 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.

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.

Open nightly 5-10pm

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

Open daily 10am-midnight

Social Hour daily 4-6pm

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

Open daily 11am-5pm

**Cookie Baking with the Chef** – Children 6 & up can join our pastry team in the kitchen to make treats the whole family can enjoy! Reservations and closed-toe shoes required.

*See Concierge for details*

**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.

Open daily 6am-8pm

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

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-7pm

Shallow Springs 9am-7pm

**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 520.989.1219 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.*

**Hilton**  
TUCSON EL CONQUISTADOR  
GOLF & TENNIS RESORT