

# GUIDE TO FUN & ADVENTURE

## WEEKLY ACTIVITIES - September 18– 24, 2017

Mon, Sept 18	Tues, Sept 19	Wed, Sept 20	Thurs, Sept 21	Fri, Sept 22	Sat, Sept 23	Sun, Sept 24
6a-8p Daily Buzz Brainteasers <i>Grab &amp; Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab &amp; Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab &amp; Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab &amp; Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab &amp; Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab &amp; Go</i>	6a-8p Daily Buzz Brainteasers <i>Grab &amp; Go</i>
9a Aqua Fitness <i>Main Pool</i>	8a Hatha Yoga <i>Elements Wellness Center</i>	8:30a Morning Stretch <i>Elements Wellness Center</i>	8a Hatha Yoga <i>Elements Wellness Center</i>	9a Power Walk <i>Elements Wellness Center</i>	8:30a Zumba <i>Elements Wellness Center</i>	8:30a Elements Desert Family Hike
11-3p Poolside DJ & Games	11a Poolside Games	11a Poolside Games	9a Zumba <i>Elements Wellness Center</i>	11-3p Poolside Games	9a-9p El Con Kids Club*	9-1 p El Con Kids Club*
4-6p Colibri Social Hour*	1p Poolside Games	1p Poolside Games	11a Poolside Games	12p Pilates <i>Elements Wellness Center</i>	10a Bingo <i>Main Pool</i>	9:30a Yin Yoga <i>Elements Wellness Center</i>
4:30p Yin Yoga <i>Elements Wellness Center</i>	4-6p Colibri Social Hour*	3p Zumba <i>Elements Wellness Center</i>	12p Pilates <i>Elements Wellness Center</i>	3-6p Poolside Taco Bar*	11-5p Poolside Games	10:30 Core Strength Yoga <i>Elements Wellness Center</i>
5:30p Walking Meditation <i>Elements Wellness Center</i>	6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	4p Hatha Yoga <i>Elements Wellness Center</i>	1p Poolside Games	4-6p Colibri Social Hour*	12p Yoga <i>Elements Wellness Center</i>	11-3p Poolside Games
		4-6p Colibri Social Hour*	4-6p Colibri Social Hour*	5-9p El Con Kids Club*	3-6p Poolside Taco Bar*	
		5p Yoga for Relaxation <i>Elements Wellness Center</i>	6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	4-6p Colibri Social Hour*	
		6p Native Flute with Larry Redhouse <i>Main Courtyard</i>		6:30-9:30p Live Music: Pianist Josh Lamoreaux Colibri Lounge	6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	



### Featured Artist of the Month

#### Linda Ahearn

*Toscana Studio and Gallery Owner  
Sculptor & Painter*

Linda'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  
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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. *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 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**  
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