

GUIDE TO FUN & ADVENTURE

WEEKLY ACTIVITIES - November 19 - 25, 2018

Mon, Nov 19	Tues, Nov 20	Wed, Nov 21	Thu, Nov 22	Fri, Nov 23	Sat, Nov 24	Sun, Nov 25
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 Power Walk <i>Elements Wellness Center</i>	8a Yoga <i>Elements Wellness Center</i>	8:30a Morning Stretch <i>Elements Wellness Center</i>	8a Yoga <i>Elements Wellness Center</i>	5-9p El Con Kids Club* <i>Reservations req.</i>	8:30a Dance Cardio <i>Elements Wellness Center</i>	8a Cardio Boot Camp <i>Elements Wellness Center</i>
10a Yoga <i>Elements Wellness Center</i>	3p Yoga <i>Elements Wellness Center</i>	3p Zumba/Cardio Dance <i>Elements Wellness Center</i>	9a Zumba/Cardio Dance <i>Elements Wellness Center</i>	5p Power Walk <i>Elements Wellness Center</i>	9:30a Strength Circuit <i>Elements Wellness Center</i>	9a-1p El Con Kids Club* <i>Reservations req.</i>
4-6p Colibri Social Hour*	4-6p Colibri Social Hour*	4-6p Colibri Social Hour*	9a Power Walk/Core <i>Elements Wellness Center</i>	5p Native Flute with Larry Redhouse <i>Main Courtyard</i>	9a-9p El Con Kids Club* <i>Reservations req.</i>	11a-1p Poolside Games <i>Main Pool</i>
	4p Meditation <i>Elements Wellness Center</i>	5p Native Flute with Larry Redhouse <i>Main Courtyard</i>	4-6p Colibri Social Hour*	6-9p Live Music: Pianist Sly Slipetsky <i>Colibri Lounge</i>	11a-5p Poolside Games <i>Main Pool</i>	5:30p Weekend Wind Down Yoga <i>Elements Wellness Center</i>
	5p Native Flute with Larry Redhouse <i>Main Courtyard</i>		5p Native Flute with Larry Redhouse <i>Main Courtyard</i>		5p Native Flute with Larry Redhouse <i>Main Courtyard</i>	
					6-9p Live Music: Pianist Sly Slipetsky <i>Colibri Lounge</i>	



Featured Artist of the Month

Gay Scheibl

Gay'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.

Resort Dining

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

Daily Hours:

Breakfast 6:30-11am (12pm Sat-Sun)

Lunch 11am-1:30pm

Dinner 5-9:30pm Sun-Mon

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 Tues-Sat 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 at 11am

Spuntini Pizza & Ice Cream – Pizzas and soft-serve available at our poolside shop. *Ext. 1192*

Open Friday-Sunday at 11am

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

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 at Elements Wellness Center. Call the spa desk to make a reservation or to inquire about spa treatments and seasonal specials. Services 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 facility includes weights and cardio equipment by Life Fitness. The fitness center is located in Elements Wellness Center.

Open daily 24 hours with room key; complimentary use 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

Kids Club – Half day, full day or by the hour, our team has endless activities for guests ages 4-12. Kids Club reservations must be made at least 24 hours in advance of requested time.

Call 520.544.1186 for details.