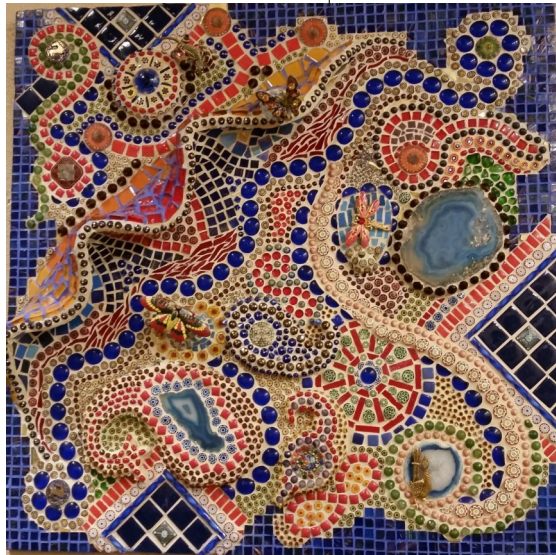


# GUIDE TO FUN & ADVENTURE

## WEEKLY ACTIVITIES— October 14 - 20, 2019

Mon, Oct 14	Tues, Oct 15	Wed, Oct 16	Thu, Oct 17	Fri, Oct 18	Sat, Oct 19	Sun, Oct 20
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>
10:30a Morning Stretch <i>Elements Wellness Center</i>	8a Yoga <i>Elements Wellness Center</i>	10a Yoga <i>Elements Wellness Center</i>	7a Desert Walk <i>Elements Wellness Center</i>	9a Power Walk <i>Elements Wellness Center</i>	8:15a Rise & Shine Yoga <i>Elements Wellness Center</i>	8:30a Cardio Boot Camp <i>Elements Wellness Center</i>
4-6p Colibri Social Hour*	9a Qi Gong <i>Elements Wellness Center</i>	4p Zumba <i>Elements Wellness Center</i>	8a Yoga <i>Elements Wellness Center</i>	5-9p El Con Kids Club* <i>Reservations req.</i>	9a-9p El Con Kids Club* <i>Reservations req.</i>	9a-1p El Con Kids Club* <i>Reservations req.</i>
	2p Yoga <i>Elements Wellness Center</i>	4-6p Colibri Social Hour*	2p Yoga <i>Elements Wellness Center</i>	5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>	9:30a Strength Circuit <i>Elements Wellness Center</i>	
	3p Meditation <i>Elements Wellness Center</i>	5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>	3p Meditation <i>Elements Wellness Center</i>		5:30p Native Flute with Larry Redhouse <i>Main Courtyard</i>	
	4-6p Colibri Social Hour*		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>			



### 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.



All activities may be affected by weather and other unforeseen circumstances. 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, 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 M-Sat 11am-midnight

Open Sunday 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 Sat -Sun 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 7am-10pm

Hot & Cold Springs 7am-10pm

Slide Rock 9am-6pm

Shallow Springs 9am-6pm

**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 7am-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.*