

# GUIDE TO FUN & ADVENTURE

## WEEKLY ACTIVITIES—July 15 - 21, 2019

Mon, July 15	Tues, July 16	Wed, July 17	Thu, July 18	Fri, July 19	Sat, July 20	Sun, July 21
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>
9am Power Walk <i>Elements Wellness Center</i>	8a Yoga <i>Elements Wellness Center</i>	8:30a Morning Stretch <i>Elements Wellness Center</i>	7a Desert Walk <i>Meet in Lobby</i>	9a Power Walk <i>Elements Wellness Center</i>	8:30a 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>	10a Yoga <i>Elements Wellness Center</i>	8a Yoga <i>Elements Wellness Center</i>	12p Aqua Yoga <i>Main Pool</i>	9a-9p El Con Kids Club* <i>Reservations req.</i>	9a-1p El Con Kids Club* <i>Reservations req.</i>
	4-6p Colibri Social Hour*	4p Zumba <i>Elements Wellness Center</i>	11a Aqua Yoga <i>Main Pool</i>	5-9p El Con Kids Club* <i>Reservations req.</i>	9:30a Strength Circuit <i>Elements Wellness Center</i>	11-3p Poolside DJ & Games <i>Main Pool</i>
	6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	4-6p Colibri Social Hour*	3p Yoga <i>Elements Wellness Center</i>	6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	11-6p Poolside DJ & Games <i>Main Pool</i>	
		5:30p Power Walk/Core <i>Elements Wellness Center</i>	4-6p Colibri Social Hour*	Dusk S'mores* <i>Desert Springs</i>	12:30 Cookie Baking With the Chef* <i>See Concierge for reservations and details</i>	
		6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	Dusk Dive-In Movie: <i>Frozen Main Pool</i>	2p Weird Science Workshop for Kids* <i>See Concierge for reservations and details</i>	
					6p Native Flute with Larry Redhouse <i>Main Courtyard</i>	
					Dusk S'mores* <i>Desert Springs</i>	
					Dusk Dive-In Movie: <i>The Lego Movie Main Pool</i>	
					8-10p Stargazing <i>Main Courtyard</i>	



### Featured Artist of the Month

#### Mary Kierzek

Mary'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 11am-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-Saturday at 1pm

**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-6pm

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.*