

# Wellness Journeys



Whether you are looking to stay active while on vacation, or you are feeling inspired to try out something new, our new activities program offers different journeys that cater to all ages, abilities and interests. Choose the journey that suits you best.

The gathering point for each activity is at the Activities Center.  
Activities may be subject to change without prior notice and are weather permitting.

## MOVE | High-intensity activities to keep your heart racing for a while

Pool Aerobics	Mondays, Tuesdays & Thursdays	11:00 am – 11:30 am
Bike Tour (16+)	Tuesdays & Thursdays	9 am
Paddle boarding (16+)	Wednesdays, Fridays	9:30 am 1/2 Hour Session
Sand Volleyball	Thursdays & Fridays	5 pm – 6 pm
Kayak	Sundays	9:30 am
Beach Tennis	Sundays	11:30 am – 12:30 pm

## FLOW | Disconnect, relax and recharge in a unique setting

5 Minute Chair Massage	Mondays & Thursdays	 10 am - 11 am
Pool Yoga	Tuesdays	10 am - 11 am
Mystical Flow	Wednesdays	10 am - 11 am
Chair Yoga	Fridays	10 am - 11 am
Hatha Flow	Saturdays	10 am - 11 am
Breathing Meditation	Sundays	10 am - 11 am





Earn 2,500 Hilton Honors Bonus Points when you spend \$125 or more at eforea spa. Not a Hilton Honors member? Visit [hiltonhonors.com](http://hiltonhonors.com)

Visit eforea spa or dial resort ext. 6053 to book your next journey.  
Monday - Saturday: 9:00am - 6:00pm | Sunday: 9:00am - 5:00pm  
*\*Not valid with any other offers or promotions. Valid until December 31, 2019.*





Open Daily 9am - 4pm

Ask one of our attendants for this week's schedule!

**PLAY | A great way for families to enjoy time together**

Bird Interaction	Daily (except Wednesdays)	11 am – 11:45 am
Archery (16+)	Mondays, Fridays & Sundays	3 pm – 3:30 pm
Bingo	Tuesdays, Wednesdays, Thursdays & Saturdays	11:30am – 12 pm
Make Your Own Aloe Scrub	Wednesdays & Saturdays	11 am – 12 pm
Mixology Workshop	Wednesdays	3 pm – 3:30 pm
Watermelon Eating Contest	Thursdays	3 pm
Family Football	Fridays	11:30 am – 12 pm

**EXPLORE | Cozy night-time activities for everyone to enjoy**

Hilton Dive In Movie	Thursdays	7 pm – 9 pm
S'mores & Campfire*	Fridays	7 pm – 8 pm
Resort Tour Experience	Saturdays	9 am

\*Stargazing equipment available

**AT YOUR LEISURE**

The following activities can be enjoyed on your own, every day between 11 am - 3:30 pm: Soccer, Horse Shoes, Shuffleboard, Cornhole, Croquet, Bocce Ball, Pool Volleyball, Ping Pong and Foosball.

**MY JOURNEY**

Day	Time	Activity
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**BEACH PALAPAS & POOL CABANAS**

Make your pool and beach shading arrangements by logging on to [hiltonarubabeachservices.com](http://hiltonarubabeachservices.com) or stop by at pool side Activities Center between 7am - 6pm.

\*Please note that all of Aruba's beaches are public property.