

GROUP WELLNESS



eforea spa at Hilton Orlando offers exclusive group classes great for team building and networking. Bring your attendees or staff together to experience one of these activities or create your own wellness workshop. Don't forget to take advantage of the services available at our full service spa and salon. Our dedicated staff is here to plan a customized experience that meets the needs of your attendees and guests.

CHAIR MASSAGE

per hour \$80 per chair

Chair massages can be set up during any event, trade show, or breakout session and is a simple way to incorporate wellness. **service fee applies*

FITNESS CLASS

minimum \$295

45 -60 minutes in length, fitness classes are an easy and fun team building activity and can be modified to all levels of fitness. We feature, but are not limited to: Yoga, Boot Camp, Zumba & Water Aerobics. Classes can take place inside or outside depending on the needs and weather.

5K RUN/FUN RUN

minimum \$325

The perfect way to rejuvenate after a day of meetings. Enjoy the fresh Florida air in a safe walking/running route around Hilton Orlando. Races can be as formal or informal as you would like.

PHYSICAL LAB

minimum \$200

Two sessions, each 10 - 15 minutes that can be done during a general session to get your attendees moving and teach them simple exercises to do at their desk or home. Ex: ergonomic tips, best practices and healthy choices.

TEAM BUILDING

minimum \$325

Challenges for all levels such as "Amazing Races" or scavenger hunts. Events are custom made for each group.



For inquires or reservations, please contact:

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eforea spa at Hilton Orlando

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The eforea spa and fitness team would love to coordinate your spa group or wellness event. We can facilitate spa groups, cabana spa parties, and wellness events including but not limited to mini-spa services, chair massages, yoga, boot camp, 5K fun runs and fitness classes. Please call or email us with inquiries.

CANCELLATION POLICY

Once you receive your email confirmation, cancelation fees apply. Group responsible for payment as follows: greater than 30 days, 50% of total contracted services; less than 30 days, 100% of total contracted services. Note, wellness events are separate from all other contracts or BEOs.

SALES TAX

All services are subject to Florida Sales Tax. All tax exempt information must be given at time of booking.

Not valid with any other offers or discount