

## 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.

### RE-CHARGE MASSAGE STATION

Recharge both your batteries, offering a cell phone charging station and chair massage! Great offering during your welcome or registration experience as well as during breaks. *\*service fee applies*

### FITNESS CLASS

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, and Zumba. Classes can take place inside or outside depending on weather and available space. *50 max attendees per instructor*

### 5K RUN/FUN RUN

The perfect way to start your day! 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.

### STRETCH BREAK

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.

### HAND SHAKE MAINTENANCE

Using pure Macadamia oil and lime blossom to help prepare your hands for all day meet & greets!

### TEAM BUILDING

Tournament Challenges for all levels such as basketball, volleyball, and tennis. *Based on time and availability*



For inquires or reservations, please contact:  
Stephanie Maningo, Spa Sales Manager  
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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.

#### WELLNESS KITS

Create a custom experience for your attendees with a wellness kit. These are available for room drops or attendee gifts to recharge after meeting sessions. Wellness kits range from Jet Lag Recovery to Fitness Fanatic. Ask our staff for all of our available options.

#### CANCELLATION POLICY

Once you receive your email confirmation, cancellation 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  
MM #23592*