

Wellness Week Program

SEPTEMBER 16 - 22

| START TIME | SUN SEPT. 16 | MON SEPT. 17 | TUES SEPT. 18 | WED SEPT. 19 | THURS SEPT. 20 | FRI SEPT. 21 | SAT SEPT. 22 |
|------------|---|--|--|---|--|--|--|
| 6:30am | Vinyasa Flow Yoga Miramar South Lawn 1 Hour | Sunrise Stretch Miramar South Lawn 1 Hour | Hilton Walk* Activities Center 1 Hour | Morning Meditation* Beach 1 Hour | Hilton Run* Activities Center 1 Hour | Breathing Class Miramar South Lawn 1 Hour | Sunrise Stretch Miramar South Lawn 1 Hour |
| 9:00am | HIIT Training Miramar North Lawn 1 Hour SUP Tour* Activities Center 1 Hour | Cycling Tour* Activities Center 2 Hours | SUP Tour* Activities Center 1 Hour | Cycling Tour* Activities Center 2 Hours | SUP Tour* Activities Center 1 Hour | SUP Tour* Activities Center 1 Hour | Cardio Kickboxing Miramar North Lawn 1 Hour SUP Tour* Activities Center 1 Hour |
| 10:00am | | Yoga Miramar South Lawn 1 Hour | Aqua Zumba North Pool 1 Hour | Tai Chi Miramar South Lawn 1 Hour | Meditation Miramar South Lawn 1 Hour | Aqua Zumba North Pool 1 Hour | Yoga Miramar South Lawn 1 Hour |
| 11:00am | Bird Interaction Bird Garden 1 Hour | Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours | Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours | Cook with the Chef* Sunset Grille 1.5 Hours | Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours | Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours | Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours |
| 11:30am | Beach Tennis Shocoland Area 1 Hour | Spa Happy Hour eforea Spa Daily 12-3pm, 5-6pm | Spa Happy Hour eforea Spa Daily 12-3pm, 5-6pm | Pool Aerobics North Pool 1 Hour | Pool Aerobics North Pool 1 Hour | Pool Aerobics North Pool 1 Hour | Pool Aerobics North Pool 1 Hour |
| 12:00pm | | Make Your Own Aloe Scrub eforea Spa Cabana 1 Hour | eforea Spa Massage Class* Ballroom 1 Hour | | Make Your Own Aloe Scrub eforea Spa Cabana 1 Hour | eforea Spa Massage Class* Ballroom 1 Hour | Make Your Own Aloe Scrub eforea Spa Cabana 1 Hour |
| 3:00pm | Pool Volleyball North Pool 1 Hour | Happy & Healthy Mixology Class* Mira Solo Lobby Bar 1 Hour | Mini Chair Massages eforea Spa 1 Hour | Happy & Healthy Mixology Class* Mira Solo Lobby Bar 1 Hour | Personal Training* Book at eforea Spa - \$75 1 Hour | | Mini Chair Massages eforea Spa 1 Hour |
| 5:00pm | | | Scrub & Polish Bar Castaways Bar 1 Hour | | Nutrition Seminar* Ballroom 1 Hour | | Personal Training* Book at eforea Spa - \$75 1 Hour |
| 6:00pm | Sunset Walk Activities Center 1 Hour | Dog Yoga* South Lawn 1 Hour | Sunset Meditation Yoga Beach 1 Hour | Mystical Yoga Beach 1 Hour | Woga (Water Yoga) North Pool 1 Hour Local Market North Pool 2 Hours | Sunset Pilates Miramar South Lawn 1 Hour | Beer Yoga* eforea Beach 1 Hour |
| 7:00pm | | | Personal Training* Book at eforea Spa - \$75 1 Hour | | | | |



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Experiences are weather permitting and may be subject to change without prior notice.
For more information, call resort extension 6076 or send an email to auahh_eforea_aruba@hilton.com.
*Experiences require 24-hour advance registration at the Activities Center.