

Wellness Journey



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

HIIT Workout	Sundays	9 am – 10 am
Kickbox Cardio	Saturdays	9 am – 10 am
Aqua Zumba	Tuesdays	10 am – 11 am
Pool Aerobics	Wednesday - Saturday	11:30 am – 12:30 am
Hilton Walk (2mi/3.2km)	Tuesdays	6:30 am – 7:30 am
Hilton Run (3.1mi/5km)	Wednesdays	6:30 am – 7:30 am
Bike Tour (16+)	Mondays & Wednesdays	9 am
Paddle boarding (16+)	Tuesdays, Thursdays - Sundays	9 am / 9:30 am 1/2 Hour Session
Beach Tennis	Sundays	11:30 am – 12:30 pm
Pool Volleyball	Saturdays & Sundays	3 pm – 4 pm
Water Polo	Fridays	3 pm – 4 pm

FLOW | Disconnect and recharge in a unique outdoor setting

Tai Chi	Wednesdays	10 am – 11 am
Yoga	Mondays & Saturdays	10 am – 11 am
Meditation	Wednesdays	10 am – 11 am
SUP Yoga	Fridays	10 am – 11 am

Book one of our signature aloe treatments and receive a gift, hand-crafted by our aloe master.

Monday - Saturday: 9:00am - 6:00pm | Sunday: 9:00am - 5:00pm
Visit eforea spa or dial resort ext. 6052 to book your next journey.

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
Bingo	Daily	1 pm – 2 pm
Bobbing for sodas	Mondays	3 pm – 3:30 pm
Ping Pong	Tuesdays	3 pm – 3:30 pm
Mixology Workshop	Wednesdays	3 pm – 3:30 pm
Archery (16+)	Thursdays	3 pm – 3:30 pm
Make Your Own Aloe Scrub	Saturdays	11:30 am – 12:30 pm
Family Football	Fridays	3 pm – 3:30 pm

EXPLORE | Cozy night-time activities for everyone to enjoy

Stargazing	Mondays	7 pm – 8 pm
Hilton Dive In Movie	Thursdays	7 pm – 9 pm
S'mores & Campfire	Fridays	7 pm – 8 pm

MY JOURNEY

Day	Time	Activity

BEACH PALAPAS & POOL CABANAS

Make your pool and beach shading arrangements by logging on to hiltonarubabeachservices.com or stop by at pool side Activities Center between 7am - 6pm.

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