

# 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

Bike Tour (16+)	Mondays & Wednesdays	9 am
Salsa Class	Tuesdays	11:30 am – 12:30 pm
Aqua Zumba	Tuesdays & Saturdays	10 am – 11 am
Paddle boarding (16+)	Tuesdays, Thursdays - Sundays	9 am / 9:30 am 1/2 Hour Session
Pool Aerobics	Wednesdays & Thursdays	11:30 am – 12:30 pm
Beach Volleyball	Thursdays & Fridays	5 pm – 6 pm
Pool Volleyball	Saturdays & Sundays	3 pm – 4 pm
Beach Tennis	Sundays	11:30 am – 12:30 pm

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

Yoga	Mondays	10 am – 11 am
5 Minute Chair Massage	Mondays	10:30 am - 11:30 am
Tai Chi Yoga	Wednesdays	10 am - 11 am
Meditation Yoga	Thursdays	10 am - 11 am
Family Yoga	Fridays	10 am - 11 am
Spa Coaching	Fridays	10:30 am - 11 am

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SPA

Look and feel your best this holiday season with services offered at our Eforea Spa

Check out our many services at:  
[hiltonaruba.com/2018holidays](http://hiltonaruba.com/2018holidays)

Visit eforea spa or dial resort ext. 6053 to book your next journey.  
Monday - Saturday: 9:00am - 6:00pm | Sunday: 9:00am - 5:00pm

**ShocoLand**  
Adventures & Games

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
Cricket	Mondays	4 pm – 4:30 pm
Archery (16+)	Mondays, Fridays & Saturdays	11:30 am – 12 pm
Ping Pong	Tuesdays	3 pm – 3:30 pm
Horseshoes	Tuesdays	4 pm – 4:30 pm
Make Your Own Aloe Scrub	Tuesdays & Saturdays	10:30 am – 11:30 am
Massage Class in Pairs	Wednesdays	10:30 am – 11:30 am
Mixology Workshop	Wednesdays	3 pm – 3:30 pm
Shuffleboard	Wednesdays	4 pm – 4:30 pm
Watermelon Eating Contest	Thursdays	3 pm
Cornhole	Thursdays	4 pm – 4:30 pm
Family Football	Fridays	3 pm – 3:30 pm
Bocceball	Fridays	4 pm – 4:30 pm
Foosball	Saturdays	4 pm – 4:30 pm
Soccer	Sundays	4 pm – 4:30 pm

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

Sunset Experience	Tuesdays & Wednesdays	6:15 pm
Hilton Dive In Movie	Thursdays	7 pm – 9 pm
S'mores, Campfire and Stargazing	Fridays	7 pm – 8 pm

## HOLIDAY ACTIVITIES

### Customer Reception | December 24

Join our team for an hour of complimentary beverages, snacks and a chance to win great prizes. 5PM to 6PM at Red Sail Shop.

### Local Market | December 27

Join us for a unique local market experience at the North Pool from 6PM to 10PM. The local market will feature locally grown products, souvenirs, handmade arts, crafts and jewelry.

### Customer Reception | January 2

Join our team for an hour of complimentary beverages,

snacks and a chance to win great prizes. 5PM to 6PM at Mira Solo.

### Here Comes Santa Claus! December 24 to 26

Rumor has it that Santa will be relaxing in Aruba this Holiday season. Keep an eye out for him between December 24 and 26.

### Pagara Tradition December 31 | Noon

Join the resort staff in front of the hotel on the last day of the year to light the Pagara (Aruba's traditional firecrackers). The locals believe that the resulting smoke

dispels any bad vibes (dubbed fuku) accumulated over the past year.

### 2019 Countdown Celebration December 31 | 10PM - 2AM

Ring in the New Year with the biggest and best celebration on the island. Countdown to 2019 on the pool deck with the biggest firework show, live entertainment, dancing, premium cash bar, midnight toast and party favors! Pre-purchase your beverage coupons at a special price starting December 29 in the lobby.