

RESORT ACTIVITIES

AUGUST 21 – AUGUST 27

MON	TUE	WED	THUR	FRI	SAT	SUN
10:00am Spin & Tone*	1:30pm Tai Chi	2:00pm Yoga*	4:00pm Yoga*	10:00am High Intensity Interval Training*	6:00am Adult Guided Pinnacle Peak Hike - Meet in Resort Lobby	6:00am Power Nature Walk - Meet in Resort Lobby
11:00am Pilates Barre Fusion*	4:00pm Yoga*	3:00pm-9:30pm Wine Down Wednesdays - Proof	5:30pm-9:30pm Tiki Thursday Specials - Proof	11:00am Yogalates*	10:00am Ballet Barre*	11:00am-9:30pm Buy One Get One 50% off all ice cream treats - Proof
2:00pm Yoga*	5:30pm-9:30pm Taco Tuesdays - Proof		8:30pm Stargazing in front of Proof	2:00pm Spinning*	3:00pm Wine Tasting - Talavera	4:00pm Margarita Demonstration - Saguaro Blossom
11:30am-9:30pm Kick the Keg \$5 draft beer special - Proof				3:00pm Strength & Tone*	7:00pm-10:00pm Live Music - Onyx	5:30pm-9:30pm Sunday Sauce - Proof
				4:00pm Local Beer Tasting - Proof	7:00pm Movie: Monsters University Dive In menu available - Saguaro Blossom	
				5:30pm-9:30pm Smokehouse & Pie Day Specials - Live Music - Proof		

*Spa & Fitness
There is a \$10 fee for each fitness class. For participation, please call the Spa at ext. 5145.

KIDS FOR ALL SEASONS (KFAS)

Kids for All Seasons (KFAS) is our complimentary program for kids ages 5-12 located in Building 27. Kids can be dropped off for a few hours or the entire day for supervised activities, swim time and more! An optional lunch is provided for \$20 per child. Open 9:00am-5:00pm daily.

MON FAIRYTALE DAY	TUE HAWAIIAN DAY	WED EXERCISE DAY	THUR DINOSAUR DAY	FRI PIRATE DAY	SAT CIRCUS DAY	SUN OUTER SPACE
10:00am Capture the Coat of Arms (Activity)	10:00am Pineapple Games (Activity)	10:00am Chicken Fat (Activity)	10:00am Bubble Wrap Stomp Paint (Activity)	10:00am Dig For Treasure Relay (Activity)	10:00am Clown Academy (Activity)	10:00am Balloon Rockets (Activity)
1:00pm Fire Breathing Dragons	1:00pm Grass Skirts	1:00pm Exercise Jars	1:00pm Dinosaur Fossils	1:00pm Make a Pirate Hat	1:00pm Popcorn Circus Craft	1:00pm Moon Dough
2:30pm Swim Time	2:30pm Swim Time	2:30pm Swim Time	2:30pm Swim Time	2:30pm Swim Time	2:30pm Swim Time	2:30pm Swim Time

