

# Activity Program



**RESERVE HERE!**  
Reservations are recommended. All activities are complimentary.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Zumba</b> 8:30 - 9:15am MIAMI BALLROOM*	<b>Mat Pilates</b> 8:30 - 9:15am MIAMI BALLROOM*	<b>HIIT Class</b> 8:30 - 9:15am MIAMI BALLROOM*	<b>Yoga</b> 8:30 - 9:15am MIAMI BALLROOM*
				<b>Villatel Fun Crafts</b> 10:00 - 11:00am BRICKELL BOARDROOM*		<b>Character Fun</b> 9:00 - 10:00am EVENT CENTER ENTRANCE
	<b>Ice Cream Social</b> 3:00pm - 4:00pm VILLATEL VILLAGE PLAYGROUND**					
		<b>Bingo</b> 6:00 - 7:00pm MIAMI BALLROOM*		<b>Trivia</b> 6:00 - 7:00pm MIAMI BALLROOM*		

\*Event Center: 1713 Oak Blossom Dr., Davenport, FL 33837

\*\*In the event of inclement weather, this activity will take place in the Event Center.

## Solterra Resort Activities

As a guest of Villatel Village Resort, you can enjoy additional, complimentary programming at the Solterra Resort Clubhouse. Swing by for a calendar of events and to participate!

5200 Solterra Blvd., Davenport, FL, 33837

## Kindly note:

Regular weekly programming and times shown are subject to change during holidays or group events.

# Activity Details



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## Wellness

### HIIT (High-Intensity Interval Training)

Get ready to push your limits and break a sweat at our exhilarating HIIT Class! Join us on for a high-energy workout.

#### What to Bring:

- Comfortable workout attire Athletic shoes
- A water bottle to stay hydrated
- A towel is recommended

### Mat Pilates

Experience the benefits of core strength, flexibility, and balance with Mat Pilates. Whether you're a seasoned practitioner or new to Pilates, this event is designed to invigorate your body and mind.

#### What to Bring:

- Comfortable workout attire A water bottle to stay hydrated

### Yoga

Step away from the hustle and bustle and join us for a rejuvenating Yoga session that will leave you feeling centered and refreshed. Whether you're a seasoned yogi or new to the practice, this event is designed to provide a serene experience for all levels.

#### What to Bring:

- Comfortable workout attire A water bottle to stay hydrated

### Zumba

Ready to shake up your fitness routine? Join us for an exhilarating Zumba class that's designed to get your heart pumping and your feet moving! Whether you're a seasoned dancer or new to Zumba, this class is perfect for anyone looking to have fun while staying active.

#### What to Bring:

- Athletic wear and supportive shoes A water bottle to stay hydrated

## Family Fun

### Bingo

Gather the family and get ready for an evening of excitement and laughter at our Family Bingo Night! It's a perfect way to spend quality time together while enjoying the thrill of bingo and the chance to win some fantastic prizes.

What to Bring: Just your enthusiasm! Bingo cards are provided.

### Character Fun

Step into a world of imagination and enchantment at with all your favorite characters! This event promises a day of excitement and magic with beloved characters and interactive activities.

What to Bring: Your imagination!

### Ice Cream Social

Indulge your sweet tooth and join us for a delightful Ice Cream Social provided by Charlie's Creamery & Bakery! Whether you're a fan of classic flavors or adventurous new combinations, this event promises fun-filled creamy treats.

What to Bring: A sweet tooth!

### Trivia Night

Bring the whole family for an exciting evening of fun and friendly competition at our Family Trivia Night! It's a perfect opportunity to showcase your knowledge, bond over trivia challenges, and enjoy a night out together. Prizes are awarded to 1st, 2nd, 3rd place winners!

One person from each winning team will receive the prize

### Villatel Fun Crafts

Unleash your creativity and join us for an afternoon of hands-on fun at our Fun Craft Event! Whether you're a seasoned crafter or just looking to explore a new hobby, this event is perfect for all ages and skill levels.

What to Bring: All material(s) provided.