



WEEKLY ACTIVITIES

JULY 26 – AUGUST 1, 2025

Please refer to the Seasonal Coastal Treasure Guide for special events and activities.

DAILY ACTIVITIES

24 hours	Wellness Center – Open 24 hours daily with your room key and staffed 6 am - 5 pm. Meet all your fitness and wellness needs in our state-of-the-art fitness room, private on-demand studio, and dedicated motion studio with fitness, yoga, and meditation classes. One Wellness Class for two guests is included in the daily resort fee. Private classes and personal training are also available.
8 am – 5 pm	Bike Amelia Island – Explore miles of scenic bike paths from the resort, including a ride down Amelia Island Parkway to Florida's tallest sand dune in historic American Beach—the state's first African American beach community. Two bikes for two hours each day is included in your Resort Fee. Pick bikes up at the pool towel stand.
8 am	Nature Walk (Meet in the Nature Center) – Embark on a one-hour guided walk led by the resort Naturalist to explore the natural environment and identify plant and animal species surrounding the resort.
9 am - 4 pm	Ritz Kids Experience** (Ritz Kids Room) Spend the day playing educational games, making crafts, and exploring coastal treasures in our new Ritz Kids room. For children ages 4-12, the program offers experiences based on four themes: water, land, environmental responsibility, and culture. Advance registration required. Book via RealTime Reservations or touch in-house extension 1087 for availability.
9 am – 5 pm	CraigCat Adventures** – Guides take you on a thrilling water adventure via powered mini-boats. Guest responsible for personal transportation. Advanced reservations are required. Call Riptide Watersports at 904-891-5687.
9 am – 5 pm	Photography Concierge* – Schedule a complimentary 45-minute photo session by touching in-house extension 6745. Mention this guest guide to receive a \$50 credit which can be applied toward individual prints only.
10 am – 1 pm	Eco-Kayak Island Waterway Tour** – Experience natural beauty on a guided eco-kayak tour. Reservations required. Guest responsible for personal transportation. Touch in-house extension 5019 or 1231 for details.
11 am – 3 pm	Craft Crew* (Nature Center) – Children are invited to create memorable treasures to remind them of their stay in Amelia Island. With the purchase of a craft card, each child may create up to five unique crafts. Craft cards are available for purchase in the Nature Center.
4 pm	Shell and Shark Tooth Hunt (Center Beach Towel Stand) – Join our recreation team on the beach to search for coastal treasures including seashells, fossilized shark teeth, and small driftwood pieces.
5:30 pm	First Call* (The Lobby Bar) – Gather in The Lobby Bar as mixologists present an infused, small exclusive batch of bourbon. Available for purchase.
5:45 pm	Unlocking Amelia's Treasure (Lobby) – Join us as we unlock Amelia's Treasure Chest to reveal a trove of treats.
8 pm – 9:30 pm	Ocean Overlook Chiminea** (Lobby) – At a private chiminea overlooking the dunes to the Atlantic, enjoy the sound of the waves and your own private fire. Delight in a s'mores experience fireside! Book via RealTime Reservations.

Announcing the Mouratoglou Tennis Center:

The world-renowned Mouratoglou Tennis Center is now open at The Ritz-Carlton, Amelia Island, offering lessons based on the techniques of coaching legend Patrick Mouratoglou. Small classes with personalized training accelerate learning for junior leagues and all adult levels.

Contact Head Coach Rob Lehner: (904) 624 – 4684 or robert.lehner@mouratoglou.com

SATURDAY, JULY 26

Wellness Classes***	7 am Vinyasa Yoga 8 am Pound 9 am Spin 10 am Mixed Fit 11 am Zumba 2 pm Sculpt 3 pm Mind/Body Yoga
1 pm	Shore Explorers** (Meet in the Nature Center) – Join our Naturalists in pulling a seine net along the shore and through coastal waters, while discovering the fish and invertebrate species that live there. Book via RealTime Reservations. <i>Water shoes and swim attire are recommended.</i>
6 pm – 9 pm	Kids' Night Out ** (Ritz Kids Room) – Children ages 4-12 get a break from mom and dad with supervised movies, games and more. Dinner is included. Advanced reservations are required. Book via RealTime Reservations or touch in-house extension 1087 for availability.
6 pm – 9 pm	Pirate Tuck-in ** – Share a private bedtime story with a buccaneer bearing treats and treasure with your very own Pirate Tuck-In. Reservations are required. Reserve via Realtime Reservations.
8 pm – 10 pm	Tour the Night Skies (Courtyard) – Join our astronomers as they showcase their telescopes and knowledge of the night sky to pinpoint formations and constellations.

SUNDAY, JULY 27

Wellness Classes***	7 am Hatha Yoga 8 am Vinyasa Yoga 9 am Mind/Body Yoga 10 am Barre 11 am Yin Yoga
11 am	American Beach Bike Tour** (Meet at the Pool Stand) – A guided bike tour to see historic American Beach and NaNa, Florida's tallest dune.

MONDAY, JULY 28

Wellness Classes***	7 am Vinyasa Yoga 8 am Barre 9 am Mind/Body Yoga 10 am Barre 11 am Yin Yoga 2 pm Vinyasa Yoga
11 am	American Beach Bike Tour** (Meet at the Pool Stand) – A guided bike tour to see historic American Beach and NaNa, Florida's tallest dune.

TUESDAY, JULY 29

Wellness Classes***	7 am Vinyasa Yoga 9 am Hatha Yoga 10 am Barre 11 am Yin Yoga 2 pm Vinyasa Yoga
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All activities are complimentary unless indicated. *A fee is associated with this activity.

Fee and advance registration required. * One Wellness Class for two guests is included in the daily resort fee.

Parental supervision may be requested for some activities. For more information or reservations, please touch extension 1087.

1 pm **Shore Explorers**** (Meet in the Nature Center) – Join our Naturalists in pulling a seine net along the shore and through coastal waters, while discovering the fish and invertebrate species that live there. Book via RealTime Reservations. *Water shoes and swim attire are recommended.*

WEDNESDAY, JULY 30

Wellness Classes*** **7 am** Hatha Yoga | **8 am** Abs and Glutes | **9 am** Spin | **10 am** Zumba | **11 am** Mixed Fitness | **2 pm** Sculpt | **3 pm** Yin Yoga

THURSDAY, JULY 31

Wellness Classes*** **7 am** Vinyasa Yoga | **8 am** Pound | **8 am** Aquafit | **9 am** Abs and Glutes | **10 am** Mixed Fit | **12:30 pm** Spin Express | **2 pm** Vinyasa Yoga | **3 pm** Mind/Body Yoga

1 pm **Shore Explorers**** (Meet in the Nature Center) – Join our Naturalists in pulling a seine net along the shore and through coastal waters, while discovering the fish and invertebrate species that live there. Book via RealTime Reservations. *Water shoes and swim attire are recommended.*

FRIDAY, AUGUST 1

Wellness Classes*** *Please stop by the front desk to view the updated fitness schedule for August*

1 pm **Take a Microscopic Look** (Nature Center) - Kids will enjoy this captivating complimentary activity as our Marine Biologist dissects and showcases detailed views of wildlife.

5:30 pm **Pirate Treasure Hunt** (Lobby) – Our Captain leads a treasure hunt inside the resort.

6 pm – 9 pm **Kids' Night Out **** (Ritz Kids Room) – Children ages 4-12 get a break from mom and dad with supervised movies, games and more. Dinner is included. Advanced reservations are required. Book via RealTime Reservations or touch in-house extension 1087 for availability.

6 pm – 9 pm **Pirate Tuck-in **** – Share a private bedtime story with a buccaneer bearing treats and treasure with your very own Pirate Tuck-In. Reservations are required. Reserve via Realtime Reservations.

LUXE SHOPS – SPECIAL OFFER:

Five exclusive lifestyle shops all in one corridor with personal service to define your look. Purchase distinctive gifts including designer jewelry, vintage handbags and watches, Creed fragrance and signature scents. Dedicated stores include expanded Southern Tide, new Tommy Bahama, Lilly Pulitzer, Maison 1562, Freckles Surf Shop and The Ritz-Carlton Signature Shop. Find your perfect items for summer.

Special offer this week: Marriott Bonvoy members receive 10% off on all co-branded Ritz-Carlton, Amelia Island logo products.

AMELIA ISLAND BEACHES AND POOL HOURS – IT'S TURTLE SEASON!

Beach service is available daily from 9 am – 6 pm. Our pool and hot tub are open from 6 am – 10 pm. Please check with a recreation attendant for seating.

Artificial light can disorient nesting sea turtles and their hatchlings, leading them away from the ocean. Help protect these incredible creatures by closing your drapes nightly. Thank you!

RESORT DINING

Restaurant hours are subject to change.

FIRST DROP ESPRESSO AND BREW BAR

Featuring premium roasted coffee, this counter-service option also offers fresh juices, handcrafted milkshakes, and smoothies, as well as carry-away selections and select small bites including breakfast and lunch sandwiches, salads, pastries, candy and snacks.

✦ Saturday and Friday | 7 am – 7 pm ✦ Sunday – Thursday | 7 am – 5 pm ✦

COAST

Enjoy indoor seating or terrace dining for breakfast, lunch, or dinner. Book dinner reservations on OpenTable. Lunch takeout is available.

✦ Daily | Breakfast Buffet 7 am – 11:30 am ✦ Saturday – Sunday | à la Carte Brunch 11:30 am – 3 pm ✦

✦ Daily | Lunch 11:30 am – 3 pm ✦ Daily | Dinner 5 pm – 9 pm ✦

COQUINA

Offering al-fresco dining, signature views, and a Spanish-influenced menu, experience Coquina for lunch and cocktails.

✦ Daily | Restaurant and Bar open from 11 am – 9 pm ✦ *Weather Permitting* ✦

SALT – New Look and Experience – Salt and Salt Lounge are open after a dramatic redesign. The Lounge offers pre-dinner cocktails, a dedicated menu with plates to share, and after-dinner desserts with port and signature drinks.

Try the Chef's Tasting Menu for dinner, an opportunity to explore culinary inspiration and favorite wine selections. Book on OpenTable.

✦ Saturday and Tuesday – Friday | 5 pm – 9 pm ✦ *Featuring Live Music* ✦

TIDEWATER GRILL

Featuring a menu of American grill classics, coastal favorites, and a celebrated collection of regionally brewed beers.

✦ Saturday | 12 pm – 10 pm ✦ Sunday – Friday | 5 pm – 10 pm ✦ **BINGO on Tuesday** ✦ **Trivia on Wednesday** ✦

THE LOBBY BAR (Sushi service concludes at 10 p.m. nightly)

The Lobby Bar features a curated list of small-batch spirits and classic cocktails presented by our mixologists, as well as freshly prepared sushi.

✦ Saturday and Friday | 12 pm – 1 am ✦ Sunday | 12 pm – 12 am ✦ Monday – Thursday | 3 pm – 12 am ✦

✦ Guitarist | Saturday and Friday | 4:30 pm – 8:30 pm ✦ Sunday and Wednesday – Thursday | 5 pm – 8 pm ✦

✦ Live Entertainment | Saturday and Friday | 8:30 pm – 12:30 am ✦

IN-ROOM DINING

Your favorites delivered for breakfast, lunch, and dinner. View menu and order with Mobile Dining link on RealTime Reservations.

✦ Daily | 6 am – 12 am ✦

HIGH TIDE PIZZA

Chef-inspired pizza with signature crust from our kitchen. Order through Mobile Dining. Available for pickup in Tidewater Grill.

✦ Daily | 5 pm – 10 pm ✦

DUNE BAR

This rustic beach bar is nestled dune-side and cooled by ocean breezes. Just steps from the ocean, The Dune Bar offers signature cocktails, cold craft beer, casual bites and a friendly round of Cornhole.

✦ Daily | 11 am – 6 pm ✦ *Weather Permitting* ✦

*All activities are complimentary unless indicated. *A fee is associated with this activity.*

***Fee and advance registration required. *** One Wellness Class for two guests is included in the daily resort fee.*

Parental supervision may be requested for some activities. For more information or reservations, please touch extension 1087.

YOUR SOURCE FOR
RESERVATIONS
AND ACTIVITIES

