



EXPERIENCES

MENU

KEEP YOUR CREW & CULTURE STRONG

Click to watch!



FIT CITY ADVENTURES

HERE TO HELP YOU

BOOST

Productivity
Recruitment
Engagement
Retention

SAVE

Time
Rehiring costs
Vendor mgmt
Your sanity

1

TEAM BUILDING
Connect your teams

2

WELLNESS LIFESTYLE
Keep them healthy

3

LEADERSHIP & DEVELOPMENT
Grow their skills

4

COMMUNITY SERVICE
Give back to not-for-profits



OUR MISSION

To cultivate and inspire meaningful human connections through **active team building and wellness programming** while giving back to our community.

Our Community Partners:



TRUSTED BY:

Qualcomm



JaylorMade®



Dexcom®
One Step Ahead



JUST TO NAME A FEW





CLIENT TESTIMONIALS

VISTAGE

“This was an amazing team building experience and the whole group loved it!” - **Vistage**



“Other groups would benefit using Fit City Adventures... **they deliver team building and connection**, which is huge during this time of folks working remotely.” -**DLA Piper**



“The game show was such a hit for our conference! **Participants have been raving about it!**” -**BioCom**



“I loved working with Fit City! **They are extremely responsive and great at adapting** to our group's need. The Event Experience team made the process of ordering and delivering the kits so easy!” -**UBS Financial**



“Fit City Adventures provides fantastic team events that are **fun, memorable and stress-free to plan.**”
-**Los Angeles Dodgers**



Taco Bell VP People & Experience, Bjorn Erland



We are a one-stop-shop lifestyle concierge with over 100+ events! We handle all details and book 4-6 weeks out.

1. We bring it all! Just need space, power and a water station
2. We are in 15 cities and will travel 2 hrs from those cities with no travel fees - we charge ONE price!
3. We have a sales and event experience operations team and onsite day staff handling waivers and photos for all events
4. Our sales team can turn around proposals in 48 hours
5. Headcounts are due 12 weeks out
6. Minimums are 20 or 25, but we can accommodate smaller VIP groups if they cover minimums
7. We can customize with notice, and even brand gifts
8. Event Experience team creates Ops Orders one week out
9. Ask about our preferred hotel rewards program
10. Call 858.367.9992 or email info@fitcityadventures.com



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WHERE WE PLAY: VENUE PARTNERS

We partner with a number of amazing venues for our events or post-event food & drinks with preferred partner rates.

Ask us about our preferred venues!

We're happy to make the introduction.





IN-PERSON ACTIVITIES

ON PROPERTY, YOUR OFFICE OR OUTDOOR LOCATION

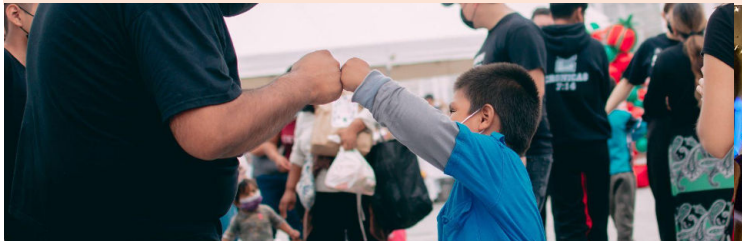
TEAM BUILDING



WELLNESS



COMMUNITY SERVICE



LEADERSHIP & DEVELOPMENT



[CLICK TO JUMP TO CATEGORY](#)



TEAM BUILDING





Hiking

Stroll the scenic trails of in this hike and enjoy the beautiful views while hearing from our guides on the flora, fauna and history of the area. Our first-aid certified guides lead the group through team building chats and unique stops along the trail.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, and waters, gratuity, photography

starting at \$110/person



Photography Hike

Explore nature's beauty with a guided photography hike. Capture stunning photos of landscapes and wildlife while learning about the area's ecology and history.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, and waters, gratuity, photography

starting at \$140/person





Hike & Sound Bath

starting at \$165/person

Escape to serenity with our Hike and Sound Bath. Join us for a tranquil hike led by experts, where you can immerse yourself in the calming sounds of singing bowls and gentle percussion. Find inner balance and relaxation in nature's embrace.

Length: 1.5-2 hrs

Min/Max: 20 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, and waters, gratuity, photography



Hike & Ebike

starting at \$300/person

Hike through stunning trails and effortlessly glide on electric bikes to cover more ground and soak in the beauty of nature. Suitable for all levels of adventurers.

Length: 2-3 hrs.

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, and waters, gratuity, photography



Ebike Tour

This tour on an e-bike takes the group through the parks and scenic areas. Learn about the surrounding area, nature, and enjoy a fun pit stops and photos along the way. Starting from shop or hotel valet (different pricing)

*\$200 from bike shop and \$250 from hotel lobby

Length: 1.5 hrs

Min/Max: 20 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, and waters, gratuity, photography

starting at \$215/person

Bikes & Bites

Join our Bike and Bites tour! Discover hidden gems, savor local food, and pedal through scenic city views. Suitable for all fitness levels. Burn calories while indulging in delicious bites - one stop for food and another for a non-alcoholic bev!

Length: 1.5 hrs

Min/Max: 20 minimum, no max

Inclusions: pre-event and on-site event coordination, Guides, and waters, gratuity, photography

starting at \$325/person



TEAM BUILDING

Outdoor Adventure

Sand Castle Wars

Join our beach contest for team-building challenges, earn 'sand dollars,' build incredible sand castles, and learn valuable life lessons with expert facilitators.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All game hosting, emcee and sound, staffing, Sand castle supplies, facilitation, music, permit fees, Pre-event & on-site coordination, gratuity, photography

starting at \$110/person

The Ultimate Beach Day

Get everyone involved in friendly competition games like Bocce Ball, Corn hole, Ladder ball, Spike ball and more. Perfect for all abilities, these games will challenge teams to work together.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All game hosting, emcee and sound, staffing, equipment, prizes, team bandanas, music, insurance, permit fees, pre-event & on-site coordination, gratuity photography

starting at \$140/person



FITCITY ADVENTURES



Surf & Turf Day

Experience a combination of exciting land and sea activities like kayaking, surfing, stand-up paddleboarding, snorkeling, and beach games.

Length: 3 hrs

Min/Max: 25 minimum, no max

Inclusions: Surf or Kayak guides and instruction for 90-minute, all equipment including foam board and wetsuit, pre-event and on-site coordination, gratuity, photography

Notes: 5 to 1 instructor; Bring towel, water, sunscreen

starting at \$275/person

Choose Your Adventure Day

Customize your Choose Your Adventure Day! Options include two team-building activities and two wellness choices. Build teamwork and enjoy on-site or off-site wellness activities.

Length: 2-4 hrs.

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, instructors/emcees, gratuity, photography

Pricing on request



FIT CITY ADVENTURES



TEAM BUILDING

Outdoor Adventure

Kayaking

Hit the coast on a sea kayak tour. Ride in a tandem kayak and learn about the marine life and how we are working to keep our oceans clean.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All Staff, instructor/guide & gratuity, equipment, pre-event and event coordination, photography

Notes: Bring towel, water, sunscreen

starting at \$180/person



Surfing/ SUP

Reinvent your typical "Board Meeting" by stepping out of your building/office. Our creative approach to team building will enhance employee communication and teamwork in a relaxed atmosphere. We provide SUP (Stand Up Paddle Board) experiences to add an extra dimension of enjoyment and versatility.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Surfing guides and instruction for 90-minute beginning surf lesson, all equipment including foam board and wetsuit, pre-event and on-site coordination gratuity

Notes: 5 to 1 instructor. Bring towel, water, sunscreen

starting at \$220/person



TEAM BUILDING

Outdoor Adventure

Game Rental

starting at \$1750

Set up and rental of five (5) Glow in the Dark Games.. Games include: Bocce, Corn hole, Spike Ball, Connect 4, Frisbee Golf or Ladder Golf. Great for all ages!

Length: Up to 4 hrs

Min/Max: 4 hr minimum and 5 game minimum

Inclusions: Five Game rental, all delivery, set-up/breakdown, staffing & all coordination, gratuity

Field Day

starting at \$150/person

Play those Recess relay race games that we all love! Turn it up a notch with prizes and a Dodgeball tournament!

4 Relay Race Style Games like Ladder Soccer, Pipeline and Gauntlet, Additional Team Building Games like Wobbly Hook, Dodgeball, Icebreakers in between like Rock Out Pedometer challenge

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All game hosting, staffing, equipment, prizes, team bandanas, music, insurance, permit fees, pre-event & on-site coordination, gratuity, millions of memories!



FIT CITY ADVENTURES

TEAM BUILDING

Food & Beverage Events

Cooking Challenge - Guac Rock

Join our fun emcee team and the resort chefs as we host and judge you in the ultimate guac-off! Make your best salsa and guacamole using creativity, special secret ingredients and win prizes! Can add margaritas for additional SS

Length: 1.5 hrs.

Min/Max: 25 minimum, no max

Inclusions: All staffing, emcees, PA/music and prizes, setup/teardown, all supplies and extra food ingredients from supply "store" & pre-event/event coordination, photography & gratuity

DOES NOT INCLUDE: Tables, linens, chairs and any additional serving ware

starting at \$140/person
+\$30-\$50 F&B/person

Cooking Challenge - Sushi

Create two custom sushi rolls and enjoy a number of appetizers with prizes for creativity. Learn about the history of sushi and add on a sake or green tea/matcha tasting

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, all food ingredients, instructor, set up time, photography & gratuity

DOES NOT INCLUDE: Tables, linens, chairs and any additional serving ware

starting at \$180/person



Iced Coffee Brewing

starting at \$125/person

Try different mixes from cold brew coffee haus, and learn how the master brewer uses techniques from beer making to brew the best cold brew!

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: All staffing, set up, pre-event and event coordination, photography & gratuity

Juice Station

starting at \$2,500

Enjoy a juice tasting experience featuring a selection of five different juices all made using freshly blended veggies and fruits.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All staffing, set up and breakdown, pre-event and event coordination, products and all materials, photography & gratuity



TEAM BUILDING

Art & Music Events

Graffiti Madness

starting at \$200/person

Challenge your team to explore identity and creativity while having fun. Your teams will work directly with professional graffiti artists to create a big, bold, and colorful mural on canvas or wood through team challenges.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Graffiti Artists, staff, gratuity, Canvas murals, protective painting materials, artist quality spray paint, pre-event & event coordination, photography, a feeling of epic accomplishment

Does not include shipping, canvases can be rolled and brought back on plane or shipped separately. They are 3 ft x 5 ft.

Paint Party

starting at \$175/person

Join us for a fun painting class and paint step-by-step with an artist, canvas and 100+ painting options.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All Staff, setup/ clean up, 90-minute paint workshop, instructor, paint, brushes, canvases, all supplies, gratuity, photography





Pumpkin Carving Class

starting at \$150/person

Join us for a pumpkin carving class with an expert carver and kit! A professional artist will walk you step-by-step through your custom jack-o'-lantern creation.

Length: 1 hr
Min/Max: 25 minimum, no max
Inclusions: Instructor; Pre-event & Event Coordination; Staffing & gratuity



FIT CITY AP

Charcuterie Board Class

starting at \$200/person

Build out the best charcuterie of your life and learn tips and tricks you can take to your next soiree. Add on a custom branded board or apron for extra surprises and smiles.

Length: 1 hr
Min/Max: 25 minimum, no max
Inclusions: Instructor; All kit ingredients, Pre-event & Event Coordination; Staffing & gratuity





Cocktail/Mocktail Class

starting at \$190/person

A mixology kit will be delivered to your home. A senior mixologist will walk you through two craft cocktails and teach the step-by-step of the perfect mocktail or cocktail this Holiday!

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: instructor, staffing, product items, coordination and gratuity

Gingerbread House Decorating

starting at \$190/person

Spend time making a Gingerbread house, and enjoy them all season long!

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: Instructor, staffing, product items, coordination and gratuity



TEAM BUILDING

Art & Music Events

Paint Throwing

Join the fun where mess is art and mistakes vanish. Unleash your inner child, revel in creative therapy, and whether crafting with your team or painting with friends, leave feeling brighter and lighter.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All staffing, set up and breakdown, pre-event and event coordination, products and all materials, photography & gratuity

Pricing on request



Mural Painting

A custom mural event, led by skilled artists, fosters teamwork, communication, and problem-solving as teams create captivating murals.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Mural Artists, staff, gratuity

Sourcing of location with a focus on beautifying a non profit, Protective painting materials, Pre-event & event coordination and photography

starting at \$7500



Silent Disco Dance Party

Experience the unique and enchanting Silent Disco Dance Party. With wireless headphones, immerse yourself in a realm of music, dance, and unity. Join a crowd of silent dancers, each lost in their personal beats yet connected through movement.

Length: 3 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, parking, set up and breakdown, pre-event and event coordination, and gratuity

starting at \$1,000/hr

Live Dueling Piano

Bring the group together at the dueling piano bar for a private event with the performers to form a “band”.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, parking, set up and breakdown, pre-event and event coordination, and gratuity, live interaction with the emcee entertainers

starting at \$10,000



Fit Quest Scavenger Hunt

Experience the blend of fitness and adventure. Solve clues, tackle physical challenges, and explore your city in this exhilarating quest.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, equipment, pre-event and event coordination, custom hunt planning, photography, gratuity

starting at \$140/person



Minute 2 Win It

Join us for team mental and physical challenges for prizes!

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, gratuity, all games, supplies, set up/breakdown, pre-event and event coordination, photography & prizes

starting at \$140/person



Beach Volleyball

Bump, set, spike! This unique event brings the beach volleyball pros to you in a training and fun competitive event.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All game hosting, emcee and sound staffing, equipment, prizes, team bandanas, music, permit fees, pre-event & on-site coordination, gratuity

starting at \$150/person



Pickleball

Brings pros of the fastest growing sport, pickleball, to you or a nearby court in a training and fun competitive event that is fun for all levels. The first hour goes over the drills and skills and the second hour ends in round-robin winners.

Length: 2 hrs

Min/Max: 20 minimum, no max

Inclusions: All equipment, & staffing, photography, pre-event and on-site event coordination, gratuity

starting at \$175/person





WELLNESS



Beach/Harborwalk Bootcamp

Starting at 2,000 in group of 50

Include stops along the route for bodyweight exercises like squats, lunges and aerobics exercises.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All Staff, instructor, & gratuity, equipment, pre-event and event coordination, photography



Pilates Bootcamp

Starting at 2,000 in group of 50

Workout class with pilates bodyweight movements to tone and target smaller muscles, keep body lean, & mean!

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All Staff, instructor, & gratuity
Equipment, pre-event and event coordination, photography



Boxing Bootcamp

starting at \$85/person

This HIIT workout is perfect for a team to get into it and challenge each other while sweating to the beats. Will have you use your full body style workout.

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: All staff and equipment, pre-event and event coordination, instructor time, gym time, all gear (pads, gloves, wraps & towels), gratuity, photography

Pace Partners Run

starting at \$85/person

Features pace partners for the group that lead and follow and head out around the resort for a 2-3 mile run.

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: Staff, pre-event and event coordination, instructor, instructor time, gratuity, photography



Cardio Hip Hop

Move and groove to the beat with this beginner's Cardio Hip Hop class and learn a fun instagrammable dance routine to a popular song and get a workout at the same time!

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: All Staff, instructor, & gratuity, equipment including music/speaker; pre-event choreography time and event coordination, photography

starting at \$65/person

Aquafit

Join our aqua combat workout for a fun and unique pool party experience. Move to your favorite music while toning your muscles and challenging your cardio.

Classes: Aqua Trampoline, Box and Dance

Length: 1 hr

Min/Max: 20 minimum, TBD max pool space

Inclusions: All staffing, all equipment, pre-event and event coordination, photography

starting at \$2,000



Mindfulness & Self Care

Relax & Restore

Unwind with your choice of neck and shoulder massage, stretching, breathwork, sound bath, complete with essential oils and CBD lotion

Length: 1 hr+

Min/Max: 25 minimum, no max

Inclusions: All staffing, all equipment, practitioners, massage chairs, cleaning supplies, set up and breakdown, pre-event and event coordination, gratuity, photography

Pricing upon request

The Zen Den

Find your Zen with our Zen Den meditation experience! Our pre-loaded headsets with 3 channels of guided meditation featuring binaural beats will transport you to a state of deep relaxation.

Length: 1 hr+

Min/Max: 25 minimum, no max

Inclusions: Zen Den, delivery / setup, transmitter with sound system, sound tech staffing, service charge, onsite fee and gratuity

starting at \$1,750



Gratitude Goals & Vision

Set goals through journal prompts, affirmations and boost energy & mood. Work through exercises with breaks for you to meditate and journal throughout.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All staffing, equipment, photography, pre-event and on-site event coordination, gratuity

starting \$2,000 up to 50 people

Massage

Treat yourself to the ultimate relaxation with a private massage therapists in 15-minute mini massages with sign up list for a 2 hr time block each day.

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: All staff, massage therapists, & gratuity, pre-event and event coordination, photography

starting at \$350/hr

Sunrise Yoga

This one-hour slow-flow vinyasa-style yoga is perfect for all levels. It begins with deep breathing to awaken the body and moves into basic yoga poses, guided by the instructor and relaxing music. The class will wind down with a meditation.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All Staff, instructor, & gratuity equipment including mats, music/speaker, pre-event and event coordination,

Starting at 2,000 in group of 50



Mindfulness & Self Care

Tai Chi

Starting at 2,000 in group of 50

Learn the ancient art of Tai Chi and Qi Gong in a moving meditation to combine the mind, body & soul.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All staffing, equipment, photography, pre-event and on-site event coordination, gratuity

Say No to Stress Meditation

Starting at 2,000 in group of 50

Join us for a brain break with light, a guided meditation and sound instruments to calm the mind and start the day with a strong mind and body.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All Staff, instructor, & gratuity, equipment including music/speaker, pre-event and event coordination, photography



Mindfulness & Self Care

Glow Flow

Starting at 2,000 in group of 50

Put on your neon attire and pick up your mat for an incredibly radiant adventure. Join us to enhance your glow with glow-in-the-dark body paint and an illuminating yoga session.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All Staff, instructor, & gratuity, equipment including music/speaker, pre-event and event coordination, photography

Pool Sound Bath

Starting at 2,000 in group of 50

Experience deep relaxation with our Pool Sound Bath featuring crystal bowls in the water. And for poolside loungers, enjoy Acupressure Ear Seeds, a gentle touch for ultimate relaxation.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All Staff, instructor, & gratuity, equipment including music/speaker, pre-event and event coordination, photography



Make Your Own Essential Oils

Promote wellness with this homemade recipe that will give you an at-home spa experience like no other.

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: All staffing, all equipment, hosting and instructor class, kit packaging and all products, pre-event and event coordination, taxes and gratuity, photography

starting at \$150/person

Make Your Own Salt/Sugar Scrub

Get your team together and make your own salt or sugar scrub. This fun activity lets you create and share a relaxing moment with colleagues

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: All staffing, equipment, hosting and instructor class, kit packaging and all products, pre-event and event coordination, taxes and gratuity, photography

starting at \$150/person



Superfoods Nutrition Class

Starting at 2,000 in group of 50

Learn the basics of nutrition, food combining, and essential vitamins and minerals to keep your body healthy & strong

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All Staff, instructor nutritionist, & gratuity, pre-event and event coordination, photography. Includes recipe planning, print outs and food costs.

Chocolate Tasting

starting at \$140/person

Taste the world of chocolates from the origin cacao fruit, and seeds to the decadent truffles with team building games and prizes!

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staffing, set up, pre-event and event coordination, products and all mixing materials, photography & gratuity



ADD-ONS



Food Trucks

Enjoy a sampling of different foods on site at your event with a licensed food truck.

Length: 1.5 hrs

Min/Max: 60 minimum (\$5000), no max

Inclusions: All staffing, set up and breakdown and all products for tasting, pre-event and event coordination, gratuity

starting at \$5,500



Bonfire

Elevate your corporate retreat with a memorable bonfire experience! Gather around the fire, toast marshmallows, and bond under the starry sky.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All staffing, set up and breakdown and pre-event and event coordination, gratuity

starting at \$3,500



Coconut Branding Experience

Custom coconuts, adorned with your logo, create a truly immersive and unforgettable atmosphere for your attendees. As they work up a sweat, they can replenish their energy with revitalizing coconut water straight from the source. These personalized coconuts also make fantastic keepsakes for guests to take home.

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: All Staff, instructor & gratuity, pre-event and event coordination, photography

starting at \$1,750



FIT CITY ADVENTURES

Beach Cleanup

Enhance your corporate retreat with a local beach clean-up! We offer team building beach activities and prizes for the most trash/unique trash and trash trivia!

Length: 30-45 minutes.

Min/Max: 25 minimum, no max

Inclusions: Trash pickers, buckets & team building questions, trivia and prizes for most unique trash, as well as a donation to a local cleanup organization.

starting at \$1,750



ADD-ONS

Health Bar: B12 + Juice Shot

A tasty and nourishing snack that merges the benefits of a health bar and a revitalizing juice shot. This bar contains wholesome ingredients and vital nutrients, offering a natural energy boost and the advantages of vitamin B12.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: Locally sourced juices, B12 shots, nurse practitioner, all staff, gratuity, pre-event and event coordination, photography

starting at \$175/person

Meditation Headsets

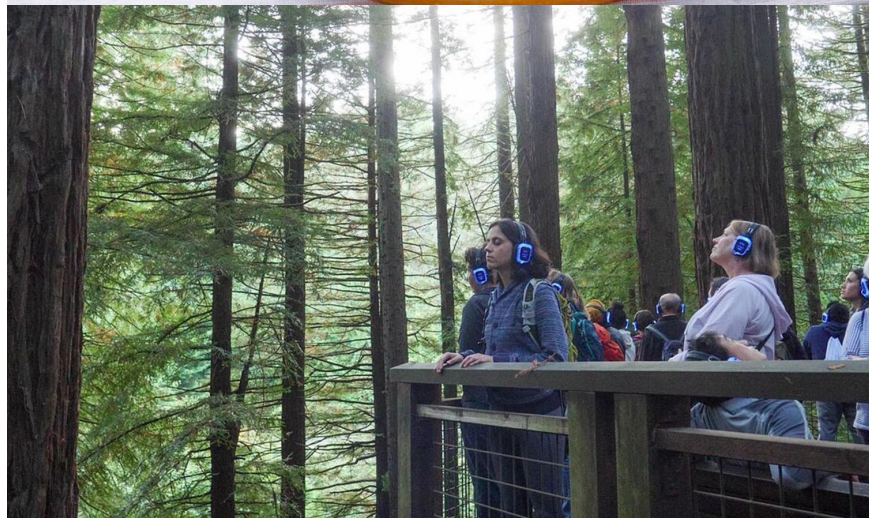
Pre-loaded headsets with guided meditation channels, delivery, setup, staffing.

Length: TBD

Min/Max: 25 minimum, no max

Inclusions: headsets and transmitter

starting at \$1,750



ADD-ONS

Branded Essential Oils & Wellness Gifts

Concentrated plant extracts used for aromatherapy and natural remedies. They smell great, have mood and health benefits, and can be used in diffusers, on the skin (diluted), or mixed into various products.

starting at \$50/oil

Branded Yoga Mats & Fitness Gifts

Essential for yoga. They provide comfort, support, and stability during wellness activities. Lightweight, portable, and create a personal space for attendees.

starting at \$75/mat

Puppy Yoga

A joyful practice that combines yoga with adorable puppies. Participants enjoy their yoga session while surrounded by playful and friendly puppies, creating a happy and relaxing atmosphere.

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: puppies from local pet shelters upon request

starting at \$1,500/donation



ADD-ONS

Live Music for Wellness Events

Combines the benefits of yoga with the immersive experience of live music. Participants practice yoga while being accompanied by a live musician or band, creating a harmonious and inspiring atmosphere.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, gratuity, pre-event and event coordination, photography

starting at \$1,500



DJs

Knows how to keep the party going. They use cool gear like turntables and mixers to mix songs and create smooth transitions. DJs are experts at reading the crowd and picking the perfect tracks to keep everyone dancing and having a great time.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, gratuity, pre-event and event coordination, photography

starting at \$1,500





COMMUNITY SERVICE



Experience Builds

Mission Bay Kayak Eco Tour

This tour kayaks around Mission Bay teaching your group about local history, wildlife, and conservation efforts

starting at \$150/person

Tide Pool Exploration Eco Tour

Explore the local tide pools with an experienced kayak guide who will point out species and help you identify them.

starting at \$75/person

Wildlife Kayaking Eco Tour

Venture into the restored Chula Vista wetlands and observe local wildlife (sometimes including green sea turtles!). This tour can also be transformed into a kayak cleanup where we clean up the wetlands from our kayaks.

starting at \$175/person

Birding & Brews Eco Tour

Dive into the local craft coffee and beer scene of San Diego with Trident Coffee and Novo Brewing, E-Bike and bird around the San Diego National Wildlife Refuge while learning about different restoration projects.

starting at \$175/person



COMMUNITY SERVICE

In Partnership with Boys and Girls Clubs



We unlock potential and create brighter futures for every child by providing tools for success in academics, character, and health

Build to Empower

Join Build to Empower and make a significant impact on priority outcomes. Volunteers will create furniture and classroom equipment to benefit Boys & Girls Club children, such as activity carts for efficient lesson delivery.

starting at \$5,500



FIT CITY ADVENTURES

Smart Carts

Support academic success at Boys & Girls Clubs with our Smart Carts activity. Volunteers organize portable carts with essential supplies like pencils, paper, markers, and highlighters for the Power Hour homework help program.

starting at \$6,500



Mindful Moments Kits

Promote character development and emotional well-being. Volunteers assemble bags with tools for Boys & Girls Club members facing behavior or focus challenges. These kits offer relaxation and mindfulness techniques.

starting at \$4,500

STEM Explorers Bundles

Volunteers assemble essential supplies for our STEM labs, including rubber bands, straws, motors, batteries, and clips, aligned with our curriculum.

starting at \$30,000

COMMUNITY SERVICE

Experience Builds

Bike Build + Tricycle Race

Join us for a series of team challenges that will require communication and teamwork to earn a bike to be assembled. The finished bicycles will then be donated to the local charity.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, gratuity, all games, supplies, set up/breakdown, emcee and audio equipment, pre-event and event coordination, photography & prizes, bike donations

starting at \$225/person

Golf & Give

Create mini-golf holes with canned goods and unique paintings to donate to charity.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, instructor & gratuity
Equipment including music/speaker, set-up/breakdown, pre-event and event coordination, coordination and drop-off with charity, photography, gratuity

starting at \$175/person



COMMUNITY SERVICE

Experience Builds

Surfboard Art Challenge

starting at \$165/person
+\$550/surfboard groups of 8-10

Join forces on designing and painting surfboards that will be donated to a local non-profit surf clinic. Engage with one another while giving back!

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, instructor & gratuity, all supplies including acrylic paint pens, markers, table clothes, stencils, tape, scissors, equipment, set-up/breakdown, pre-event and event coordination, coordination and drop-off with charity, photography

Ramp It Up Skateboard Build

starting at \$165/person
+\$250/surfboard groups of 8-10

Customize the sickest skateboards to hit the street through team-building games and challenges. The custom boards will be donated to the local charity!

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: PA system and all supplies including boards, paint and tools, professional emcee, staff, set up / breakdown, gratuity and coordination, Transport not provided



FIT CITY ADVENTURES



Super Hero Care Kits

Join us as we give out Superhero Care Kits to every child in foster care that will remind them how amazing they are. This includes capes, shields and masks that will be delivered to hospitals and kids camps.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, instructor & gratuity, equipment including music/speaker, set-up/breakdown, pre-event and event coordination, coordination and drop-off with charity, photography

Pet Care Kits

Put together pet care kits virtually to drop off at select charities while getting closer as a team! This includes toys, kibble, treats and a decorated box! Play games to win supplies and take photos.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, instructor & gratuity, equipment including music/speaker, set-up/breakdown, pre-event and event coordination, coordination and drop-off with charity, photography

\$110/per person +\$50/kit

\$110/per person +\$50/kit



Farm to Table Tour

Experience the journey of food from the farm to the table with a farm to table tour. This includes a 30 min tour with the farmer, 30 min of planting, weeding or painting and then another 30 min tasting and trying the seasonal foods.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, food & drink,, gratuity, photography,

starting at \$140/person



Hike & Help The Planet

Enjoy a guided hike that blends environmental education with tree planting, weeding, clearing and learning about the environment. Get your hands dirty and help the planet!

Length: 1.5 hrs.

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, and waters, gratuity, photography

starting at \$140/person





LEADERSHIP & DEVELOPMENT





Motivational Speaker Short List

Breakthrough Play

starting at \$5,000

Help employees get more engaged and drive even better results than they already are. Breakthrough Play improves their creativity, collaboration, and engagement.

Length: 1 hr
Min/Max: no minimum, no max
Inclusions: All Staff, Speaker, Facilitator Time, gratuity; Equipment; Pre-event and event coordination

Improv

starting at \$3,500

An engaging team-building session that pushes participants outside their comfort zones, enhancing active listening, communication, collaboration, and authentic self-expression.

Length: 1 hr
Min/Max: no minimum, no max
Inclusions: Live interaction with the multiple comedians
All pre-event and event coordination and hosting
Standard 20% gratuity



FIT CITY ADVENTURES



Motivational Speaker Short List



The Beach Brain Experience

starting at \$5,000

Dr. Heidi Hanna explains the science of the beach's calming effects and leads a multi-sensory session with beach sounds.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All staff, speaker, facilitator time, & gratuity, equipment, pre-event and event coordination, photography

MindTravel & Mindfulness

starting at \$6,000

Murray Hidary, classical pianist and composer, performs his original binaural beats live to guide your team into a meditative state through the power of music.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All staff, speaker, facilitator time, & gratuity, equipment, pre-event and event coordination, photography



FIT CITY ADVENTURES



Motivational Speaker Short List

The Power of Interdependence

Jeremy Poincenot, an Inspirational Speaker, shares his story to inspire others and highlight the importance of interdependence for personal and professional success.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All staff, speaker, facilitator time, & gratuity, equipment, pre-event and event coordination, photography

starting at \$5,000

Paraclimbing Champion

Developed one-handed climbing skills, winning 9 national titles and 2 gold medals. She climbs in the American southwest and works with the adaptive climbing community. A 2019 National Geographic Adventurer of the Year, she introduces disabled people to climbing.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All staff, speaker, facilitator time, & gratuity, equipment, pre-event and event coordination, photography

starting at \$5,000



Motivational Speaker Short List

Fittest Male

An events planning veteran and 4x Fittest Male in Meetings and Events. Dave holds multiple wellness and event certifications and credits his success to regular workouts and their mental and physical benefits.

Length: 1 hr

Min/Max: no minimum, no max

Inclusions: All staff, speaker, facilitator time, & gratuity, equipment, pre-event and event coordination, photography

starting at \$5,000

Pro Sports Activation

Experience shootarounds and games at the Phoenix Suns practice facility, managed by their staff. Afterwards, enjoy a lively Happy Hour on the plaza.

Length: 2 hrs

Min/Max: no minimum, no max

Inclusions: All staff, speaker, facilitator time, & gratuity, equipment, pre-event and event coordination, photography

Pricing upon request





VIRTUAL ACTIVITIES

REMOTE BUT STILL TOGETHER

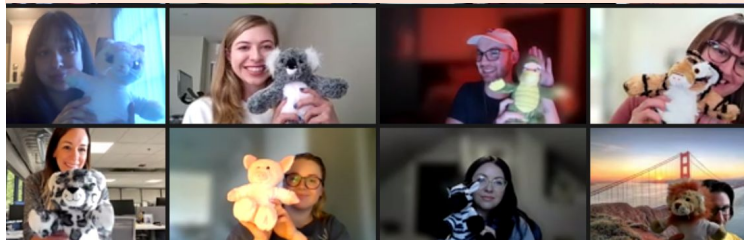
TEAM BUILDING



WELLNESS



COMMUNITY SERVICE



LEADERSHIP & DEVELOPMENT



VIRTUAL

TEAM BUILDING

- Game Show Extravaganza
- Minute 2 Win It
- Amazing Cyber Race
- Cyber Sleuths
- Magic Show
- Legends of the Hidden Temple
- Comedy Show
- Virtual Paint Party
- Iced Coffee Class
- Musical Power Hour
- Sushi Roll Challenge
- Charcuterie Board Class
- Craft Corner
- Pumpkin Carving Class

WELLNESS

- Gratitude Goals & Visions
- Say No To Stress
- Breathwork
- Ergonomics 101 and 102
- Balance & Burnout Workshop
- Superfoods Nutrition Class
- Gut Health & Detox

COMMUNITY SERVICE

- Superhero Care Kits
- Pet Care Kits
- Fluffy Friends Kits

LEADERSHIP AND DEVELOPMENT

- Breakthrough Play
- Improv
- Power of Interdependence
- MindTravel
- CompassionIt
- Facing Adversity

WANT TO LEARN MORE? Ask us about our virtual events!

[SEE FULL VIRTUAL MENU](#)

