



1804 Garnet Ave #352 • San Diego, CA 92109 • 858.367.9992

Menu of Services

Leisure

Yoga	Variety of yoga classes designed to stretch and reset the body including acro yoga, power flow, yoga lift with weights, yin yoga and restorative zen. All classes are one hour. Mats can be purchased or rented. Upgrade to “The Om Experience” with sound bath
Meditation	Guided meditation in 30 min or 1 hour increments. One hour includes sound instruments and can include breathwork and Stretching. Upgrade to head sets a la silent disco style and create a “Zen Den” experience with nature sounds and more.
Mermaid Core	This fun and unique class takes place in a fitness center or hotel pool. Mermaid tails with monofins are provided for this synchronized swimming full body and core workout like no other. Perfect for bachelorettes and birthday parties.
Sound bath	Calm the mind and spirit with this relaxing sound bath (30 min or 1 hour increment) of more than 15 different instruments from all over the world including string instruments, chimes, bowls, woodwinds and drums.
Golf	Golf clinics, day and night driving range sessions and tee times can be arranged at some of the best SoCal courses. Join our partners like Babes Golf and the Intuitive Golfer and take lessons from a pro in a fun group setting with mindfulness added in to the session.
Reiki	Experience complete relaxation through energy release. These 20 minute mini-reiki sessions using light touch remove blockages and clear the shakras for true balance and bring the body back to ease.
Acupuncture & Reflexology	These 20 minute mini-acupuncture, acupressure on anti-gravity chairs & hand reflexology sessions move energy or chi through the body to bring it into balance.
Massage	Chair massages in 10-, 20- or 30-minute increments. Perfect for those who have traveled in or a reward for a job well done.
Tai Chi	This old world Asian martial art is a moving meditation that everyone can participate in with no impact and wonderful mindful results.
Improv & Playshops	Improv4Companies and Breakthrough Play help organizations create winning cultures and uplevel the employee experience through laughter and play. We customize each session around corporate goals and values and build in the fun!
CompassionIt	Employee burnout is an epidemic, and burnout can lead to decreased engagement, higher turnover rates, and toxic work environments. Our 90-minute training helps your teammates develop skills of mindfulness, self-compassion, and compassion in the midst of challenging moments. Participants leave with tools to make these practices systemic and sustainable.
Cooking Challenges	Team build while learning about and cooking local, fresh foods in fun challenges like Tapas, Iron Chef, Wine & Cheese and Tacos & Tequila. Our fun challenges encourage everyone to work together and be creative. Leave with recipes and memories.

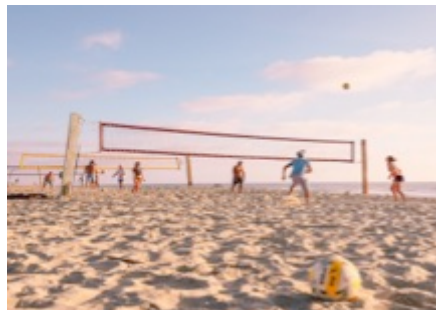




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Active

Beach volleyball	1-hour drills and skills clinic with an AVP Pro! Complete with a friendly competition to crown the “King and Queen of the Court”. This is also offered with a 1-hour beach clean up option benefitting I Love Clean San Diego as a community give-back project complete with a bonfire at sunset.
Field Day Games	Adults get to go back to middle-school again and play those beloved Recess games that we all love! Stations include tag, balloon toss, wheel barrel race and more. Turn it up a notch with prizes and “Beach Olympics”! Pairs awesome with our volleyball day too and we like to invite local non-profit children’s groups to join in on the fun with the corporate group.
Dance Cardio	Move and groove with these popular 1-hour Dance Mixx, Fusion and Cardio classes with the world-famous Jazzercise based right in North County. Pair the class with head sets for the latest craze and get everyone moving and grooving with Zumba.
Water sports	Popular water rentals including paddle board (day and night-light boards), fly boards, jet skis and all size boat rentals to play in the bay!
Boxing & Jiu Jitsu	Work up a sweat and work off those vacation calories with this fast-paced class in a state-of-the-art gym complete with boxing ring and bags or off site in hotel space, parks and beaches. (Bags & gloves provided)
Spin & Hydrobikes	Spin “out of the box” with spin bikes brought to you or outside in select San Diego parks and beaches. This 45-minute interval class will have you riding up and down the virtual streets of San Diego all while jamming to the music with your friends and colleagues. Get out on the water and get a workout with the newest addition to the Bay – the hydrobike! This “kayak on wheels” is a low-impact way to see the bay and also includes classes taught on water and on the beach by yoga & mountain biking experts.
Bootcamps & HIIT	Bodyweight bootcamps, bands or balls and full equipment – it’s your choice! BodyFly cable machines provide a fun, portable option and a targeted workout – instructed by past professional athletes. Pair this class with head sets – perfect for outdoor or early morning workouts. Pair the bootcamps with Komboucha for a fun after workout cool down.
Run club pace partners	Explore the city, waterways and seaside trails with an expert running guide. Our Pace Partners from StepXStep running are trail, triathlon & marathons that know every run route possible and give city tips along the way!
Tennis	A 1.5 hour tennis clinic featuring drills and skills at the region’s most beautiful resorts
Skateboarding	Learn how to skateboard right where it was born! Not just an activity for the kids anymore, Exposure Skate offers a 2-hr skate clinic with rotating training stations. Includes boards, ramps, safety equipment and trained coaches in order to have an unforgettable day that will leave you with a smile on your face saying “I can’t believe I did that!” You might even see a local celebrity.





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Adventure

Road Cycling	2 hr+ coastal bike rides up and down San Diego county lead by a professional cyclist and customized for specific levels
Hiking	Hike the most beautiful seaside trails in San Diego. This one-hour coastal hike includes body weight interval movements using nature and benches to get the heart pumping. Complete with optional 10-minute meditation to wind down and enjoy the view. If you'd like to kick it up a notch, our partners at Hike for Beer can take groups out on a half-day mountain hike and end at a local micro-brewery, cider house or kombucha shop.
Ocean Kayak	90-minute original Sea Kayak Cave Tour in La Jolla. Ride in a tandem kayak into the cave in the Cove. See seals and smiles. Wetsuit optional.
Surf & Swim	Hit the waves with surf classes in iconic La Jolla Shores. Surf Divas is the largest surfing outfit on the west coast. They also provide SUP lessons, boogie boards and all snorkel or water rentals. If you'd rather swim, our tri club can show you the Shores circuit.
Snorkeling	Snorkel with Leopard sharks, Garibaldi, seals and maybe even a dolphin or two in La Jolla Shores.
Sailboat racing	Race coworkers and sail the yachts side-by-side through San Diego bay for an exhilarating experience you will never forget!
Paragliding	Jump from Torrey Pines gliderport with a guide and parasail for 30 minutes up and down the coast, overlooking the world-famous Torrey Pines golf course, beaches, mansions and cliffs. *Dependent on wind conditions – jumps occur ~300 days/year
Rock Climbing	Hit Mission Trails and learn to climb three different routes with expert guide from REI that teach about safety, belays and techniques used to get you to the top! No experience necessary. Have a large group and are OK with an indoor challenge? Let's head Mesa Rim, the region's largest indoor rock climbing gym. You might even see the Free Solo star climbing the walls.

Note: All activities with the exception of select Active & Adventure activities & can be brought onsite





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Pro Athlete Experiences

Surf Like a Pro	Hit the waves with Damien Hobgood, pro surfer on the World Championship Tour and Surfrider Pro Team. This once-in-a-lifetime experience involves the basics of surfing on San Diego surfing boards and shaping a surf board for the office, finishing with delicious local fish tacos, microbrews and SoCal swag.
Moto Like a Pro	Hit the track for a Day in the Dirt, the ultimate off road motorcycle experience. Ride with professional Motocross rider Daniel Sedlak and his crew and learn how to navigate our tracks and trails on two wheels. The fleet of bikes are all 2019 and 2020 models with the latest in FXR protective gear. Daniel has organized trainings and events around the world for the past ten years and is an expert in the field.
Skate Like a Pro	Feature in the EA Skate video game, Ryan Gallant based out of Carlsbad is here to show you how to shred on the board with wheels, the newest 2020 Olympic sport at the Tokyo games. A long time pro, Gallant now owns a skateboard company @visit_skateboarding and has amassed a huge following as one of the OG pros. He will teach you the basics and more at Cali Skateparks in North County.
Snowboard Like a Pro	Hit Big Bear and the half pipe with world-famous Keir Dillon. Based out of Carlsbad, this back to back world halfpipe and X Games champ is an expert in gnarly jumps and tricks and will take your team out on an epic lesson!
Rugby with the Pros	Our newest and most popular clinic, learn the basics of Rugby fundamental, catching, tossing, blocking, and literally lifting up your team mates while hearing about scrum and the foundations of one of the world's most popular sports with the region's new pro team, the San Diego Legion.

