



**FULL MENU**

**Summer 2023**



# IN-PERSON ACTIVITIES

AT YOUR OFFICE OR A NEARBY LOCATION

## TEAM BUILDING



## WELLNESS



## COMMUNITY SERVICE



## LEADERSHIP & DEVELOPMENT



[CLICK TO JUMP TO CATEGORY](#)



# TEAM BUILDING





### Hiking

starting at \$85/person

Stroll the scenic trails of Annie's Canyon/Torrey Pines in this one-hour hike and climb through the slot canyon or up the staircase hill to see ocean views while walking back along the lagoon

Length: 1.5 hrs

Min/Max: 25 minimum, no max

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



### Photography Hike

starting at \$125/person

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, snacks and waters, travel, gratuity, photography



### Hike & Ebike

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: 1.5 hrs.

Min/Max: 25 minimum, no max

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

starting at \$275/person



FIT CITY ADVENTURES

### Hike with Picnic

Join us for a memorable Hike & Picnic experience. Discover stunning landscapes, snap great photos, and savor a delicious spread. Expert guides will share insights on nature and geology. Refreshing hike, perfect picnic spot.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

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

starting at \$150/person





### Hike & Sound Bath

starting at \$150/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 hrs

Min/Max: 20 minimum, no max

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



### Ebike Tour

starting at \$185/person

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 activities

Length: 1.5 hrs

Min/Max: 20 minimum, no max

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



# TEAM BUILDING

## Outdoor Adventure

### 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!

Length: 1.5 hrs

Min/Max: 20 minimum, no max

Inclusions: pre-event and on-site event coordination, guides, snacks and waters, travel, gratuity, photography

### 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, travel, insurance, permit fees, pre-event & on-site coordination, gratuity photography

[BACK TO MAIN IN-PERSON MENU](#)

starting at \$250/person



FIT CITY ADVENTURES

starting at \$100/person





### Surf & Turf Day

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

Length: 1 hr

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, photography

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

starting at \$200/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, travel, gratuity, photography

Pricing on request



FIT CITY ADVENTURES





# TEAM BUILDING

## Outdoor Adventure

### Game Rental

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 6 game minimum

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

starting at \$50/game

### Field Day

Play those Recess 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: 1.5hrs

Min/Max: 25 minimum, no max

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

starting at \$125/person

[BACK TO MAIN IN-PERSON MENU](#)



FIT CITY ADVENTURES

# TEAM BUILDING

## Food & Beverage Events

### Cooking Challenge - Guac Rock

starting at \$125/person

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 \$30 pp

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", travel & pre-event/event coordination, photography & gratuity

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

### Cooking Challenge - Sushi

starting at \$175/person

Create two custom sushi rolls and a number of appetizers for the group to create and enjoy together with prizes for creativity

Length: 2 hrs

Min/Max: 25 minimum, no max

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

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

[BACK TO MAIN IN-PERSON MENU](#)





### Chocolate Tasting

starting at \$125/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, travel, pre-event and event coordination, products and all mixing materials, photography & gratuity

### 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: 45 minutes

Min/Max: 25 minimum, no max

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

### Juice and Smoothie Station

starting at \$100/person

Serve a wide variety of juice and smoothie options, all made using freshly blended veggies and fruits.

Length: 1 hr

Min/Max: 25 minimum, no max

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

[BACK TO MAIN IN-PERSON MENU](#)



# TEAM BUILDING

## Art & Music Events

### Graffiti Madness

starting at \$180/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.

Length: 2 hrs

Min/Max: 25 minimum, no max

Inclusions: Graffiti Artists, staff, travel, 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 \$160/person

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

Length: 60-90 minutes

Min/Max: 25 minimum, no max

Inclusions: All Staff, setup/ clean up, 60-90 minute paint workshop, instructor, travel, paint, brushes, canvases, all supplies, gratuity, photography

[BACK TO MAIN IN-PERSON MENU](#)



### 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, travel/parking, set up and breakdown, pre-event and event coordination, and gratuity

starting at \$1000/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, travel/parking, set up and breakdown, pre-event and event coordination, and gratuity, live interaction with the emcee entertainers

starting at \$10000



### 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, travel, photography, gratuity

starting at \$125/person



FIT CITY ADVENTURES

### 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, travel, gratuity, all games, supplies, set up/breakdown, pre-event and event coordination, photography & prizes

starting at \$125/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, travel, permit fees, pre-event & on-site coordination, gratuity

starting at \$120/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.

Length: 2 hrs

Min/Max: 20 minimum, no max

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

starting at \$150/person





# WELLNESS





### 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, travel & gratuity, equipment including music/speaker; pre-event choreography time and event coordination, photography

starting at \$60/person



### Pilates Bootcamp

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, travel & gratuity  
Equipment, pre-event and event coordination, photography

\$1750 up to 50 persons



### Beach/Harborwalk Bootcamp

starting at \$1,750 up to 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, travel & gratuity, equipment, pre-event and event coordination, photography

### Aquafit

starting at \$75/person

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.

Length: 1 hr

Min/Max: 25 minimum, no max

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



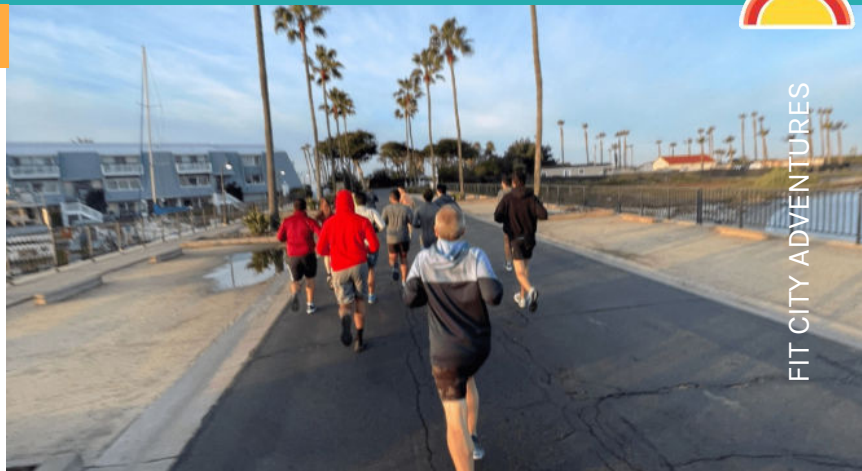


### Pace Partners Run

starting at \$75/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, travel, gratuity, photography



### Spin Class

starting at \$1500

Join our indoor cycling workout for a full-body experience. Our expert instructors will guide you through high-intensity intervals, sprints, and endurance challenges set to music.

Length: 1 hr  
Min/Max: 25 minimum, no max  
Inclusions: Staff, pre-event and event coordination, instructor, instructor time, travel, gratuity, photography



### Boxing Bootcamp

starting at \$75/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), travel, gratuity, photography

### Virtual Reality Fitness

starting at \$175/person

Exercise without heading to the gym. This efficient and motivating fitness routine is a more engaging way to work out.

Length: 1 hr

Min/Max: 2 minimum, 10 max

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



## Mindfulness & Self Care

### Relax & Restore

Unwind with your choice of neck and shoulder massage, reiki, hand reflexology and acupressure, complete with essential oils and relaxing music

Length: 1 hr

Min/Max: 25 minimum, no max

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

starting at \$200/person

### 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: 1-1.5 hrs

Min/Max: 25 minimum, no max

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

starting at \$1500



### Sunrise Yoga

\$1,750/up to 50 people

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.

Length: 1 hr

Min/Max: no minimum, no max

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



### Breathwork & Ice Bath

starting at \$175/person

Bring the baths to the resort and help your teammates through this intense exercise to reduce inflammation and increase mental stamina

Length: 1 hr

Min/Max: 25 minimum, no max

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



### Gratitude Goals & Vision

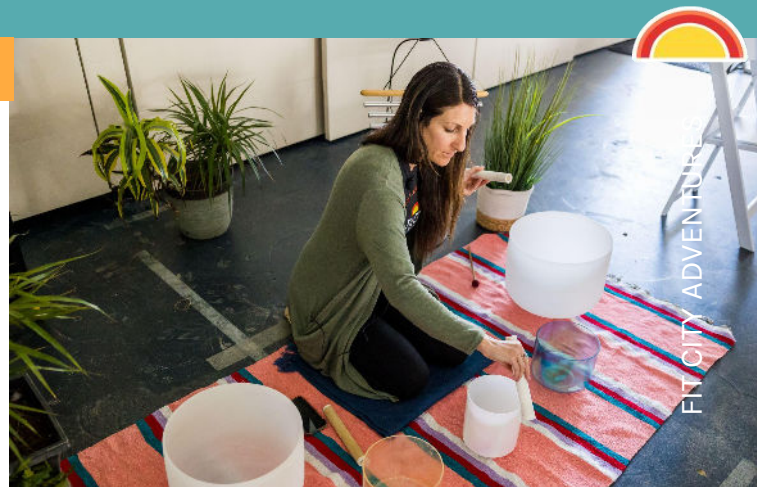
Set goals through journal prompts, affirmations and boost energy & mood. Work through exercises with breaks for you to meditate and journal throughout.

Length: 1 hr

Min/Max: no minimum, no max

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

starting \$1,750 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. Chairs are cleaned between each session.

Length: 1 hr

Min/Max: 25 minimum, no max

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

starting at \$300/hr



## Mindfulness & Self Care

### Tai Chi

\$1,750 up to 50 people

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, travel photography, pre-event and on-site event coordination, gratuity

### Say No to Stress Meditation

\$1,750 up to 50 people

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, travel & gratuity, equipment including music/speaker, pre-event and event coordination, photography

[BACK TO MAIN IN-PERSON MENU](#)





### Make Your Own Essential Oils

starting at \$150/person

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, travel, taxes and gratuity, photography

### Make Your Own Salt/Sugar Scrub

starting at \$175/person

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, travel, taxes and gratuity, photography



### Superfoods Nutrition Class

starting at \$1,750 + food cost

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, travel & gratuity, pre-event and event coordination, photography

### Immunity Tea Blending Class

starting at \$225/person

Keep you and your space germ-free, foods, supplements, tinctures + teas that will improve your system's function, care for your microbiome and ease inflammation like a boss.

Length: 1 hr

Min/Max: 25 minimum, no max

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

[BACK TO MAIN IN-PERSON MENU](#)



### Kayaking

Hit the coast on a sea kayak tour. Ride in a tandem kayak into the cave in La Jolla Shores. See seals and share smiles.

Length: 2 hrs

Min/Max: 25 minimum, no max

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

Notes: Bring towel, water, sunscreen

starting at \$125/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 \$200/person



# ADD-ONS



## Food Trucks

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

Mexican Street Corn Chicken taco  
Baja Fish Taco (Gluten-Free)  
Carnitas Taco  
Mushroom and Grilled Pepper Taco

Length: 1.5 hrs

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

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

starting at \$80/person

## 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 travel, pre-event and event coordination, gratuity

starting at \$2500



## 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, travel & gratuity, pre-event and event coordination, photography

starting at \$1500



FIT CITY ADVENTURES

## Beach Cleanup

Enhance your corporate retreat with a local beach clean-up!

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 \$1500



# 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, travel, gratuity, pre-event and event coordination, photography

starting at \$100/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 \$35/person



[BACK TO MAIN IN-PERSON MENU](#)



THE COLORED ADVENTURES

# 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 \$30/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 \$40/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 \$1500/donation

[BACK TO MAIN IN-PERSON MENU](#)





# 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, travel, gratuity, pre-event and event coordination, photography

starting at \$1500



## 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, travel, gratuity, pre-event and event coordination, photography

starting at \$1500



[BACK TO MAIN IN-PERSON MENU](#)



# COMMUNITY SERVICE



### 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, travel, gratuity, all games, supplies, set up/breakdown, emcee and audio equipment, pre-event and event coordination, photography & prizes, bike donations

starting at \$200/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 travel & 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

[BACK TO MAIN IN-PERSON MENU](#)



# COMMUNITY SERVICE

## Experience Builds

### Surfboard Art Challenge

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 travel & 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

starting at \$100/person



FIT CITY ADVENTURES

### Ramp It Up Skateboard Build

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, travel, gratuity and coordination, Transport not provided

starting at \$100/person



[BACK TO MAIN IN-PERSON MENU](#)



### Super Hero Care Kits

\$100/per person

Join us as we give out Superhero Care Kits to every child in foster care that will remind them how amazing they are.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

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



### Pet Care Kits

\$100/per person

Put together pet care kits virtually to drop off at select charities while getting closer as a team!

Length: 1.5 hrs

Min/Max: 25 minimum, no max

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





### Farm to Table Tour

starting at \$125/person

Experience the journey of food from the farm to the table with a farm to table tour. Enjoy a delicious meal made with the fresh produce.

Length: 1 hr

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, snacks and waters, travel, gratuity, photography, 60 minute tour and team builder with lead farmers and a short session of picking/weeding on the farm.



FIT CITY ADVENTURES

### “Plant a Tree” Hike

starting at \$125/person

Enjoy a guided "Plant a Tree" hike that blends environmental education with tree planting.

Length: 1.5 hrs.

Min/Max: 25 minimum, no max

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





# LEADERSHIP & DEVELOPMENT



## 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, travel & 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, travel & 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, travel & 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, travel & 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, travel & gratuity, equipment, pre-event and event coordination, photography

starting at \$5000

### 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, travel & gratuity, equipment, pre-event and event coordination, photography

Pricing upon request

[BACK TO MAIN IN-PERSON MENU](#)





# CONFERENCE EXPERIENCES



## Cover me in Sunshine

starting at \$10,000

Energize and promote wellness with our activation! Experience a VR meditation station, booster shots for wellness, astrological insights, a hammock lounge for relaxation, SPF education, and a beach-themed trivia game. Sip on refreshing wellness juice shots and beach-inspired cocktails. Join us for a rejuvenating and immersive wellness journey!

Length: Multi-day experiences

Min/Max: minimum of 1 day

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

## Kid at Heart

starting at \$10,000

Embrace your inner child with our playful activation! Experience pottery, graffiti art, swingset relaxation, team-building playstorming, and roller skating. Enjoy mini playstorming, healthy "kid" snacks, and community connections through stuffed animal building and backpack assembly. Join us for a fun-filled adventure!

Length: Multi-day experiences

Min/Max: minimum of 1 day

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

[BACK TO MAIN IN-PERSON MENU](#)



CITY ADVENTURE



## Gift of Rest

starting at \$10000

Enjoy nap pods, VR sleep story meditation, dream interpretation, gratitude station, device charging, and deep rest yoga. Learn about CBD, savor sleep-related food and drinks, and experience lavender products for community connection. Take home travel pillow sprays and phone sleeping bags as a soothing reminder.

Length: Multi-day experiences

Min/Max: minimum of 1 day

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



## Next Level

starting at \$10000

Catering to road warriors, this activation helps maintain wellness while traveling. Features include a mini cycle class studio, quick movement breaks, healthy bites, travel routine tips, and a chance to win a Fitbit and virtual wellness event access. Prioritize well-being on the go with us!

Length: Multi-day experiences

Min/Max: minimum of 1 day

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





# VIRTUAL ACTIVITIES

REMOTE BUT STILL TOGETHER

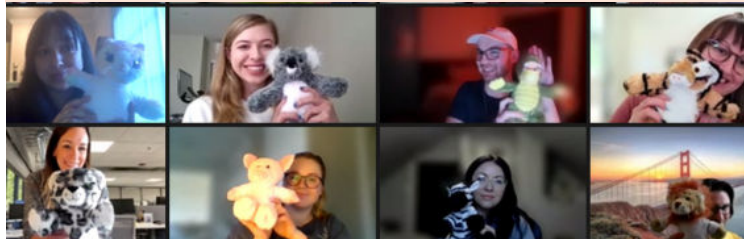
## TEAM BUILDING



## WELLNESS



## COMMUNITY SERVICE



## LEADERSHIP & DEVELOPMENT



[CLICK TO JUMP TO CATEGORY](#)

# 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
- Tacos and Bowls
- 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
- Fitness for Food Banks

## 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 MENU](#)

