



FIT CITY ADVENTURES

SEE THE CITY IN A FUN, FIT WAY!



FIT CITY ADVENTURES EXPERIENCES



WHY WELLNESS

TOP EVENT FOCUS



Wellness is a **\$500B industry**. These activities boost energy, engagement, and connection - **the new event ROI**.

Replace tired happy hours with **healthy hours** and “check-the-box” 6 am-activities with experiences people actually remember.

The result:

Higher attendance • Better scores • Repeat sponsors and guests

Bottom line:

Wellness activities are not just a perk - they are a priority. Plan them in to your agenda for every meeting and conference.

LIFESTYLE CONCIERGE

OUR PLAYBOOK



One call. One team. Zero stress.

We handle everything — from planning to execution — delivering customized, **white-glove wellness and team experiences** your attendees love with local expertise and ahead of the trends.

Result: Less work for you. One overall fee. Attendees “Choose Their Adventure.” Experiences that deliver.



EVENT EXPERTISE

THE TEAM BEHIND THE FRONT LINES

Event planners passionate about healthy lifestyle & 50+ years of experience, we bring together teachers and coaches to pro & Olympic athletes creating gold medal moments.

Team Captain

Angela



PARTNERSHIPS

GROWING STRONGER TOGETHER

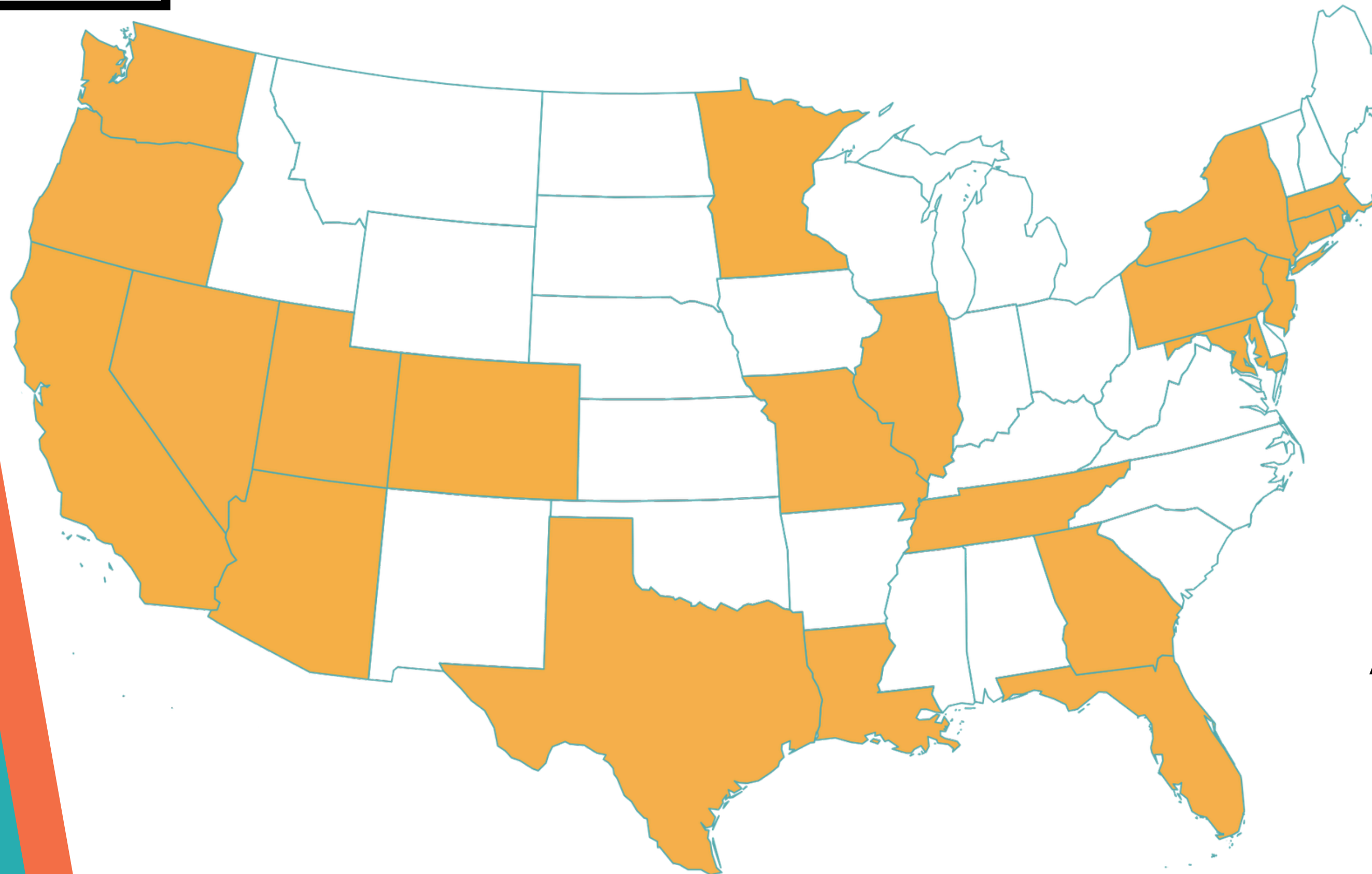


TRUSTED BY:

MEMBER OF:

COAST TO COAST

50+ CITIES AND GROWING



Hubs in 50+ cities
with local team
captains and event
leads

Ask us when we'll be
in your city!

OUR PROGRAMS

PURPOSE-DRIVEN EXPERIENCES FOR HEALTH, CONNECTION & IMPACT



WELLNESS FORWARD



TEAM BUILDING



COMMUNITY CONSCIOUS



CUSTOM EXPERIENCES

WELLNESS



Wellness-forward experiences that energize, restore, and help teams feel their best—through movement, mindfulness, and meaningful self-care.





CUSTOM EXPERIENCES

WELLNESS



FITNESS

5K RUN/WALK

BOXING BOOTCAMP

BREATHWORK & ICE BATH

CARDIO HIP HOP

MAT PILATES CLASS

PACE PARTNERS RUN

RISE & SHINE BOOTCAMP

MINDFULNESS

AQUA SOUND BATH

BALANCE & BURNOUT

GRATITUDE, GOALS & VISION

SOUND & SENSES MEDITATION

STRETCH & SOUND MEDITATION

SUPERFOODS NUTRITION CLASS

TAI CHI

YOGA & MEDITATION

ACTIVATION STATIONS

ACUPRESSURE EAR SEEDS

ESSENTIAL OIL BAR

HAND REFLEXOLOGY

MASSAGE

STRETCH SESH

REIKI

READINGS:
TAROT, CRYSTAL, PALM
ZEN DEN

2026 HIGHLIGHTS

WELLNESS



WELLNESS WIND DOWN

Wind-down routine including a tea bar, collagen masks, yin yoga stretches and a sleep meditation. Join us in hotel robes and slippers for bonus points!

MOBILE FIRE & ICE

Saunas and ice baths bring the power of fire and ice to your group. This combo reduces inflammation and boosts serotonin. Pair it with breathwork and take on the day!

MANDALAS & MINDFUL STEPS

Sand mandala and stone step meditations offer a mindful moment. If your event is near a beach, we offer this experience on the sand with a Zen Monk.

RESET TECH

Reset your nervous system with our latest tech gadgets including compression massagers, infrared mats and warm weighted blankets. Customize the speed to your own body's needs. Perfect in our wellness lounge.

RESTORE ROOM: OUR RESET COLLECTIVE

WELLNESS



Step into our Wellness Lounge or “Restore Room”, featuring **Relax, Energize, Restore and Optimize** zone with unique **5-minute experiences**

Benefits:

- Sponsorable with branded assets and full-conference exposure
- Quick and flexible - fits in between sessions and turnkey in small spaces
- Variety & Trend-setting - offer a mixture of activations for all attendees to try



CUSTOM EXPERIENCES

HEALTHY TEAM BUILDING



Our team-focused experiences use adventure, play, and creativity to spark connection, collaboration, and lasting team bonds.



CUSTOM EXPERIENCES

HEALTHY TEAM BUILDING



TOURS

- E-BIKE
- E-BIKES & BITES
- HIKING
- KAYAKING
- SURFING
- STANDUP PADDLE BOARD

GAMES

- BEACH VOLLEYBALL
- BEACH GAMES & BONFIRES
- FIELD DAY
- FIT QUEST SCAVENGER HUNT
- IMPROV
- MINUTE 2 WIN IT
- PICKLEBALL
- SAND CASTLE BATTLE

CULTURE

- CHOCOLATE TASTING
- GRAFFITI MADNESS
- MUSIC MADNESS
- PAINT PARTY
- SALSA & GUAC CHALLENGE
- SILENT DISCO DANCE PARTY
- SUSHI ROLL CHALLENGE

2026 HIGHLIGHTS

WELLNESS



THE “ELEVATED” SERIES

Our premium hikes and fitness or city walks now include photography lessons, a pre-arranged healthy picnic and even guided meditations on headsets.

MIC DROP: THE MUSIC EXPERIENCE

Music forms bonds through unforgettable battles of the beats with lip sync & musical props complete with a silent disco and dueling DJs - AM or PM - get the dance party started!

ACTIVE BITES JOURNEY

An active culinary experience with ebiking or jogging foodie tours or a group scavenger hunt including two local healthy stops, one food, one beverage.

CUSTOM EXPERIENCES

COMMUNITY CONSCIOUS



Purpose-driven experiences that bring teams together to give back, support local causes, and create meaningful impact—while strengthening connection and teamwork





CUSTOM EXPERIENCES

COMMUNITY CONSCIOUS



SUSTAINABLE

BEACH CLEANUP

HIKE & HELP THE PLANET

MURAL PAINTING

ANIMALS

FLUFFY FRIENDS

PET CARE KITS

PUPPY PETTING

PUPPY YOGA

SPORTS & KIDS

GOLF & GIVE

SKATEBOARDS4KIDZ

SUPER HERO KITS

SURFBOARD ART CHALLENGE

2026 HIGHLIGHTS

WELLNESS



PAUSE & PROVIDE

Build mindful wellness kits for first responders, nurses, teachers and those in the community that need it most. We offer a meditation, stretch and journal session as part of the build.

PAINT IT FORWARD

Groups can beautify and leave their mark on a city by painting a mural on a community center, hospital, school or library.

GROW THE GOOD

Teams build and revitalize an urban garden, creating a lasting impact through hands-on teamwork and sustainability.

ELEVATE YOUR EVENT

ADD-ON EXPERIENCES



We've curated these experiences for you to take your event to the next level and provide an item for attendees to take home and use in their wellness journey with your logo or sponsor logo.

Contact us at sales@fitcityadventures.com

- BANDANAS
- BOOTCAMP BANDS
- ESSENTIAL OILS
- HEADSETS
- JUICE SHOTS
- LIVE DJ
- MEDALS & TROPHY
- PHOTOGRAPHY + FRAMED PHOTOS
- SNACKS & PICNIC BOXES
- WELLNESS KITS



PACKAGES & PRICING

STREAMLINED PACKAGES BUILT AROUND YOUR GOALS



- Planning ahead is our forte and we love a good bundle.
- Our “Choose Your Adventure” and “Restore Room” options allow clients to mix and match and offer a variety of services.
- We offer value pricing for multi-city, multi-event and multi-year packages.
- Ask us for a proposal today! You’ll get one price, all-inclusive, all outlined up-front.





Ready to get started?

Email us with your event details & experiences and we'll send a proposal in 48 hours.

CONNECT WITH US



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