



EXPERIENCES MENU

SEE THE CITY IN A FUN, FIT WAY!



OUR MISSION

Elevating human connections through wellness events & healthy team experiences



fitcityadventures.com

TESTIMONIALS

“

They are experts in the conference wellness space and how to weave it into your event. The team worked with us to customize the event in a unique venue and provide recommendations. We even added special touches like branded gifts. Everyone loved it.



“

I love the energy and element of fun they always bring! They have great team building opportunities that are different than what has always been done. They take planning out of the process and execute flawlessly.



“

Fit City is a true partner in our multi-day program. From planning calls to executing creative conference events with DJs and graffiti artists, we hit a home run for our scholars every time and the scores are high every year. The Fit City team brings fresh ideas to the table and helps us make connections in the community. It's a win-win.



“

Their communication and responsiveness is top tier! We LOVE working with their whole crew from beginning to end.



MESSAGE FROM OUR CEO

“We're thrilled to partner with you to plan unique wellness and healthy team bonding experiences for your crew. We have curated a program that not only highlights the best your region has to offer but also nurtures health and connection.

So why Fit City? Whether groups have one hour onsite or six hours to explore, our team is here to provide all of the fun in the sun, minus the stress. Make one phone call instead of 10 – let us help you save time and money. We have the best partners in each industry, we will work to get you the best rates, and will throw in a few added bonuses too. Your attendees will release endorphins and make memories that will last a lifetime.

ANGELA MINARDI



CORPORATE CLIENTS



HOW WE WORK

We book 6–8 weeks out for staffing and logistics coordination

EVENT SELECTION



1

Explore Our Event Experience Menu

- Review our experience menu of Wellness, Team Building & Community Service Events
- Choose one or more experiences that best fit your interests, event goals, and team activity levels

2

Event Selection Assistance

- We are here to help you build the perfect experience based on your event goals

3

Enhance Your Program

- Consider add-ons like food truck, live music, branded essential oils, or other enhancements to round out an effective and memorable event

PRE-EVENT COORDINATION



4

Agreement & Payment

- We'll send you a contract outlining all the details. Review, sign, and submit payment to confirm your booking.

5

Pre-event Planning

- We will coordinate final details with you to ensure it meets your specific needs
- Our team takes care of all logistics, from venue selection to scheduling to staffing, ensuring a smooth experience from start to finish

EVENT DAY



6

Event Day

- Our expert facilitators will lead your team in engaging events

POST-EVENT WRAP-UP



7

Follow-Up

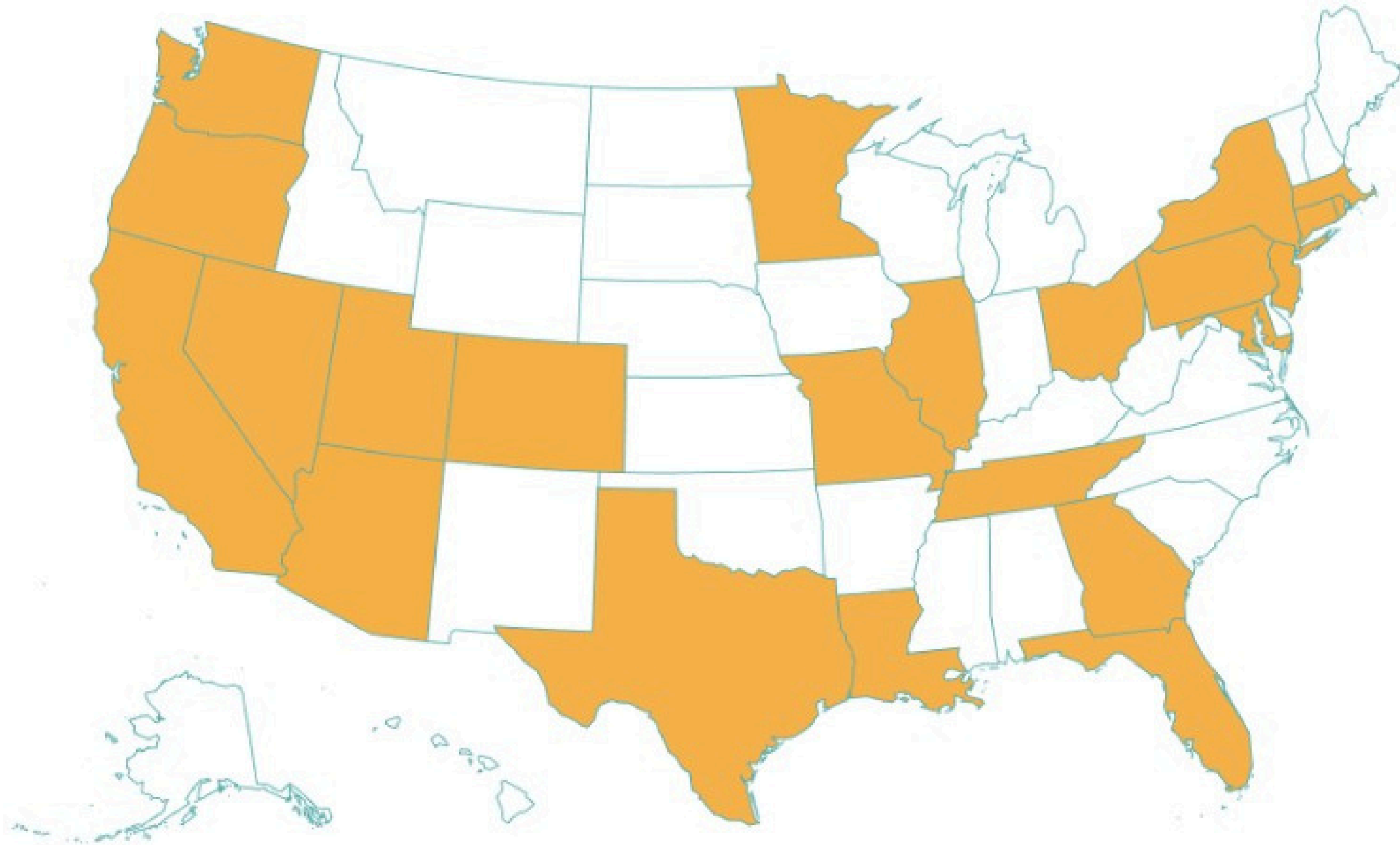
- After the event, we provide a debrief, photos and more

8

Rinse & Repeat

- Let's do it again for your next event

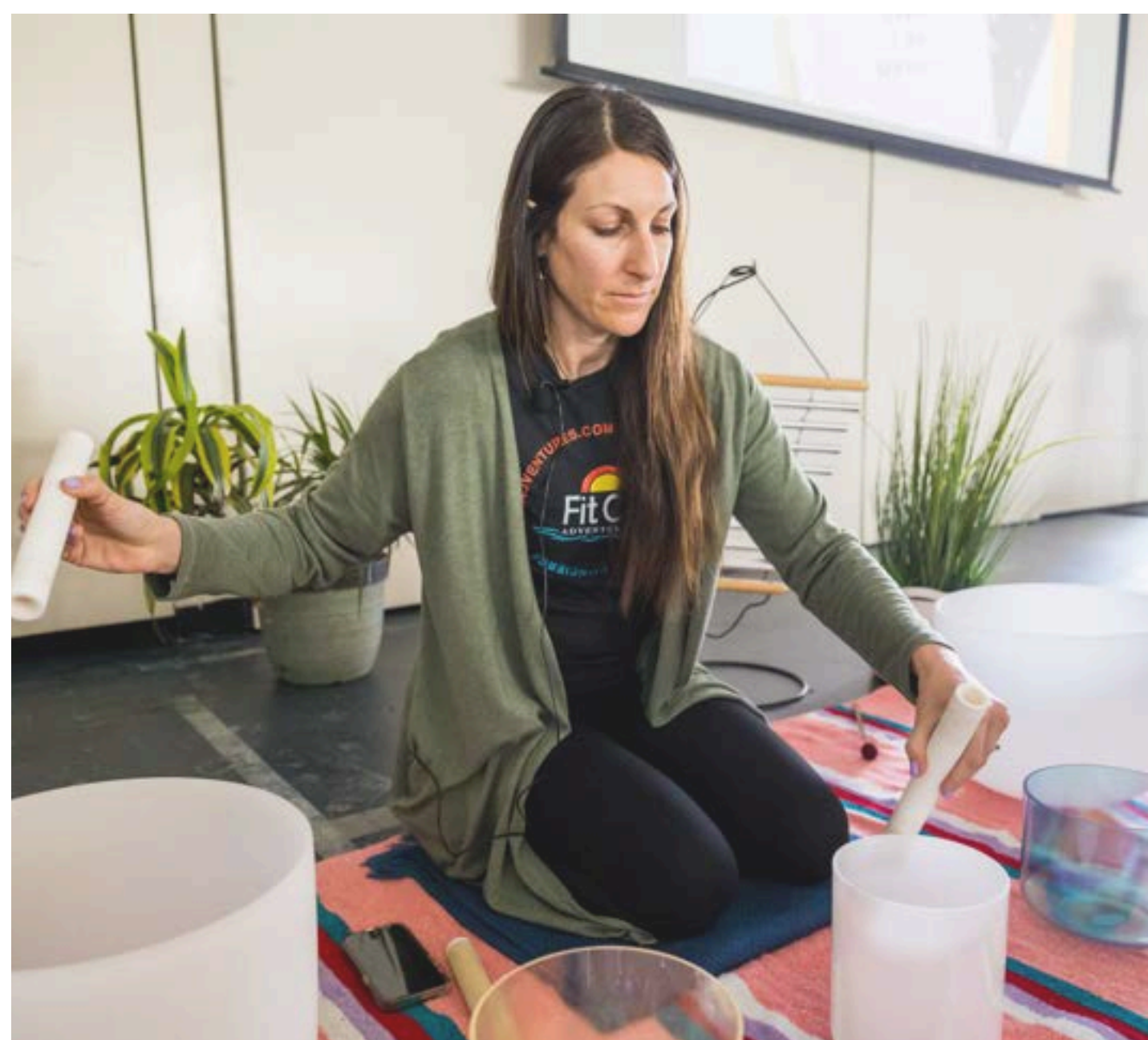
OUR REGIONS



Hubs in 50+ cities and growing

PACKAGES & PRICING

- 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.



\$500 for staffing at every event

\$2000 management fee for equipment shipments, and multiple events

EXPERIENCES

ON PROPERTY, YOUR OFFICE, OR OUTDOOR LOCATION

Wellness



Team Building



Community Service



CLICK TITLE TO JUMP TO CATEGORY

HOLIDAY SEASON IS HERE

Bring your team together this holiday season with festive team building, wellness, and give-back experiences designed to celebrate, connect, and give.

[CLICK TO VIEW THE FULL GUIDE](#)



[Pumpkin Painting or Carving](#)



[Pet Care Kits & Puppy Yoga](#)



[Paint for a Cause](#)



[Golf & Give](#)



[Chocolate Tasting](#)



[Music Madness Holiday Party](#)

[SEE ALL HOLIDAY EVENTS](#)

WELLNESS



5K Run/Walk

Get some exercise, enjoy the outdoors, and have a good time with your team through an organized 5K Fun Run. Get ready to run, jog, walk, and laugh your way to the finish line.

Length: 60 min

Min/Max: no minimum, no max

Inclusions: Permit & Location Reservation, Race Management, Emcee, Course Signage, Motivational Signs, Medical/EMT Services, Music & Speaker

\$12,500 UP TO 200 PEOPLE



Pace Partners Run

Our run/jog/walk program features pace partners who motivate and keep the group engaged as they guide you through a 2-3 mile route at your own speed. With various pace options, plus a warm-up stretch and cool-down, you'll enjoy a fun and supportive workout experience.

Length: 45-60 min

Min/Max: 25 minimum, no maximum

Inclusions: Run/Walk Guides, Music & Speaker(s)

\$140 PER PERSON



Cardio Hip Hop

Join us for a high energy cardio dance class to get you movin' and groovin'. Learn a fun dance routine to a popular song, guaranteed to impress your social media followers! Perfect for all levels and easy on the joints.

Length: 60 min

Min/Max: In groups of 50

Inclusions: Instructor, Pre-event Choreography Time, Curated Playlist

\$2,000 for a group up to 20/ \$2,500 for a Group of 50



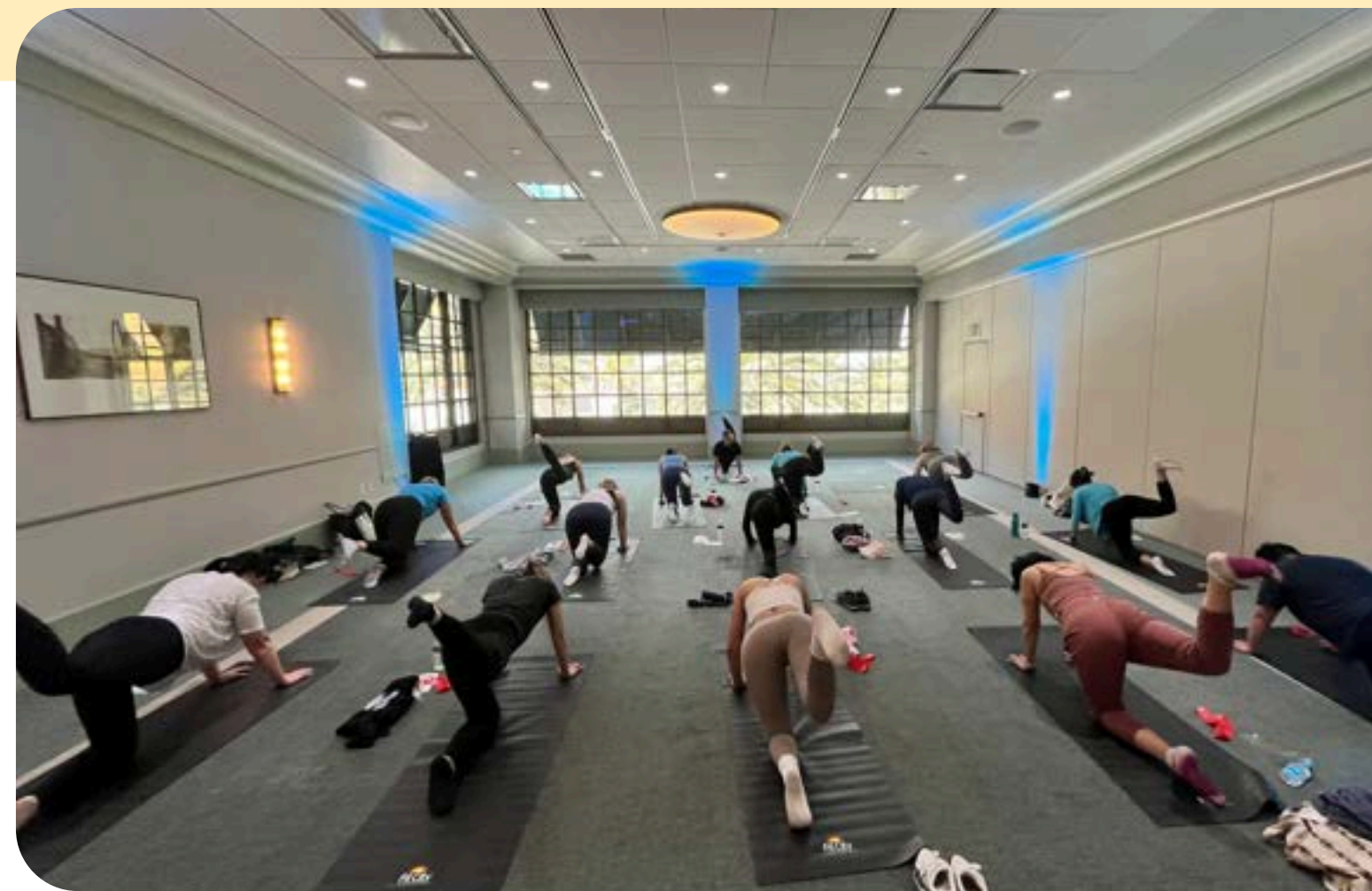
Mat Pilates Class

Join us for a dynamic mat Pilates class that combines the power of bootcamp bands and barre-inspired bodyweight movements. This workout targets and tones those smaller muscles, helping to sculpt a lean, strong, and defined body while boosting overall strength and flexibility.

Length: 60 min

Min/Max: In groups of 50

Inclusions: Instructor, Music, Mats & Bootcamp Bands



Rise & Shine Bootcamp

Join us for a HIIT (high-intensity interval training) bootcamp, perfect for teams looking to challenge each other while sweating to the beats and it is a great for the group to see the beach, city, or resort! Our instructor will guide you through a full-body workout, with stops for lunges, squats, push-ups, and more—replacing networking with 'sweatworking.' The circuits and drills will leave you feeling energized and connected!

Length: 60 min

Min/Max: In groups of 50

Inclusions: Instructor, Bootcamp Bands, Music & Speaker(s)



Boxing Bootcamp

This boxing bootcamp is perfect for a lively team looking to challenge each other while sweating to the beats. Our instructor will lead a full-body workout with partner moves including gloves/pads, leaving everyone energized and ready to tackle the day!

Length: 60 min

Min/Max: In groups of 50

Inclusions: Instructor, Class, All Gear (e.g. Pads & Gloves)



Gratitude, Goals & Vision

An interactive goal-setting workshop with journal prompts and affirmations to boost energy, mood, and motivation. Participants engage in mindfulness exercises, with breaks for meditation and journaling. Each attendee receives a journal and gratitude jar as take-home items, which can be branded for that extra touch!

Length: 60 min

Min/Max: In a group up to 50

Inclusions: Instructor, Equipment including (e.g. Sound Instruments, Journals, Markers & Gratitude Jars)

\$2,500 + \$1,500 SUPPLY FEE



Superfoods Nutrition Class

Learn the essentials of food combining, using food as medicine, and discovering the best diet for you, led by our registered dietitian, functional nutritionist, and organic chef. The session includes a food demo, followed by insights on food properties, health benefits, recipe planning, and a Q&A. Options include bars, wraps, protein balls and smoothies.

Length: 60 min

Min/Max: In a group of 50

Inclusions: Instructor and recipes

\$2,500 + \$1500 FOOD FEE (TBD BY F&B)



Breathwork & Ice Bath

Experience the latest health craze right at your resort. Our instructor guides a 30-minute breathwork class, followed by an ice bath plunge. Enhance your health and well-being while promoting relaxation and boosting energy. The group will go on rotation for 1.5 min each in the ice plunge tubs.

Length: 90 min

Min/Max: no minimum, 50 max

Inclusions: Instructor, Inflatable Tubs (3-5), Music & Speaker(s)

\$2,500 FOR BREATHWORK & \$1,500 FOR UP TO 3 ICE BATHS &
\$1500 FOR DELIVERED ICE



Aqua Sound Bath

Experience deep relaxation with our 30-minute Pool Sound Bath featuring crystal bowls and multiple instruments. Whether attendees float in the pool or relax on a poolside lounge chair, our offerings ensure a serene & rejuvenating experience.

Length: 30 min

Min/Max: TBD by pool size

Inclusions: Instructor, Sound Instruments, Pool floats

\$3,500



Zen Den

Find your Zen with a peaceful meditation retreat designed for quick brain breaks or deeper relaxation. Guests can enjoy meditation headsets and calf compression massagers to recharge, relax, and reset between meetings.

Min/Max: TBD on Lounge Seating

Inclusions: Zen Den (10 headsets) + all new items, leg compressors, hand massagers, mandala coloring books, breathing globe, collagen eye masks

\$3,500



Sound & Senses Meditation

Experience this immersive sound bath where attendees create their own custom essential oil rollerball with energizing or grounding oils and organic coconut oil. Our expert staff will guide you through the benefits of each oil as you explore their healing properties. Then, unwind with a multi-sensory sound bath featuring a variety of instruments, enhancing your experience as you roll on your personalized blend. Option to brand the bottles for a special touch!

Length: 60 min

Min/Max: no minimum, in groups of 50

Inclusions: Practitioner, Mats, Sound Instruments, Eye Masks, Bottles, Roller Balls, Three (3) Essential Oils, Coconut Oil Base, and all table decorations



\$3,500 UP TO 50 PEOPLE

Stretch & Sound Meditation

This 45-minute session combines breathing, light yoga/seated stretching, guided meditations and sound instruments to calm the mind. Start the day with a strong mind and body connection with raised energy and clear out any cobwebs or negative thoughts.

Length: 45 min

Min/Max: up to 50 per group

Inclusions: Instructor, Mats, Music, Sound Instruments including Bowls & Chimes



\$2,500 FOR A GROUP OF 50

Yoga & Meditation

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 meditation and sound bowls, chimes, drums and more.

Length: 60 min

Min/Max: In group up to 50

Inclusions: Practitioner, Equipment including Yoga Mats & Sound Instruments



\$2,500 FOR A GROUP OF 50

Wellness Lounge

Unwind with your choice of 4 wellness stations, such as neck and shoulder massage, hand reflexology with essential oils and acupressure ear seeds, stretch lab, sound bath, and more, all set to soothing music. Each station offers a 5-10 minute experience designed to deeply relax and rejuvenate attendees.

[Check wellness lounge sponsorship flyer](#)

Length: 10-20 minutes per attendee

Min/Max: 3 hour minimum

Inclusions: Practitioners, Massage Chairs, Essential Oils, Products/Equipment (e.g sound instruments & mats)

\$15,000+ FOR 4 STATIONS FOR 2 HOURS



Essential Oil Bar

In this activation station, attendees create their own essential oil roller ball with choice of energizing or grounding essential oils & organic coconut oil. Brand the bottles for an extra touch. Our staff is there to discuss benefits of the oils. Sample and smell the oils, learn their healing power, take your favorite home!

Length: 60 min up to two hours

Min/Max: No minimum, 200 maximum

Inclusions: Individual Bottles, Three (3) Essential Oils, Station Set Up

\$2,500 FOR A GROUP OF 50



Massage

Treat yourself to the ultimate relaxation with a private massage therapists in 10-minute mini massages with sign up list so guests do not have to wait in line. Chairs are cleaned between each session. Treat yourself to the ultimate relaxation!

Length: 3-hour minimum

Inclusions: Massage Therapists, Massage Chairs, Cleaning Supplies, Essential Oil Lotions

\$400 PER PRACTITIONER/ HOUR



Hand Reflexology

Hand reflexology, combined with the use of essential oils, promotes relaxation by applying pressure to specific points on the hands while harnessing the therapeutic benefits of aromatic oils. This holistic approach reduces stress, eases tension, improves circulation, and supports natural healing.

Length: 3 hour minimum

Min/Max: 3-hour minimum with 30 people per hour per practitioner

Inclusions: Practitioner, All Products & Equipment

\$400 PER PRACTITIONER/ HOUR



Acupressure Ear Seeds

Acupressure ear seeds promote relaxation! These tiny specialized “stickers” go on your ear nerve to help you feel calm and stress-free. It's like a mini massage for your ears! Feel the tension melt away as you enjoy this gentle, natural treatment that can be left on for up to two weeks.

Length: 3-hour minimum with 30 people per hour per practitioner

Inclusions: Practitioner, All Products

\$500 PER PRACTITIONER/HOUR



Stretch Sesh

Enhance flexibility, reduce muscle tension, and improve overall mobility through expert-guided stretching techniques. Our trained professionals work with individuals to provide targeted stretches, promoting relaxation and improved range of motion. Consider optional Thera-guns for a more comprehensive experience. Our team is ready to assist, ensuring a personalized and rejuvenating stretching session.

Length: 3 hour minimum

Min/Max: 25 minimum, no maximum

Inclusions: Practitioner, Equipment including table, massage equipment, and massage tools

\$400 PER PRACTITIONER/HOUR



Crystal

An interactive workshop organized around crystal learning stations. Guests explore different stones, learn practical ways they can be incorporated into everyday intention and select crystals that resonate with them to take home.

Length: 3 hour minimum

Min/Max: 3 hours+

Inclusions: Energy practitioner, all products

\$500 PER PRACTITIONER PER HOUR



Rock 'n' Roll Tarot

A music-inspired tarot experience built around a custom deck influenced by iconic musicians and the music that shapes culture. Guests receive a personalized intuitive reading through a musical lens, with a curated playlist extending the experience beyond the reading.

Length: 3 hour minimum

Inclusions: Palm reader (energy practitioner). All products including instructional cards, and/or tarot cards

\$500 PER PRACTITIONER PER HOUR



Palm Reading

Discover what the lines of your hands may reveal with an engaging Palm Reading experience! Guests will enjoy a personalized reading with an experienced palm reader who will explore the unique lines, shapes, and features of the hand while sharing insights related to personality, strengths, relationships, and life paths.

Length: 3 hour minimum

Min/Max: 3 hours+

Inclusions: Palm reader (energy practitioner)

\$500 PER PRACTITIONER PER HOUR



TEAM BUILDING



Kayaking

Hit the water on a 90-minute kayak tour with our professional guides. Ride in a single or tandem kayak. See aquatic life and share smiles at a fun team bonding event!

Length: 90 minutes

Min/Max: 25 minimum, no maximum (In tours groups of 20)

Inclusions: Guides & Instruction, All Equipment

\$175 PER PERSON



Hiking

Stroll scenic trails in a fun team building experience with professional wilderness guides. Trails offer breathtaking panoramic views, not to mention plenty of opportunities for photos. Burn calories with your team while top-notch tour guides provide in-depth information specific to the local environment, geology, and wildlife.

Length: 1.5 hours

Min/Max: 25 minimum, no maximum

Inclusions: Guides (1 per 10 attendees)

\$150 PER PERSON + PERMIT



e-Bike Tour

This tour on an electric bike takes the group along the coast and through the parks and scenic areas. The group will learn about the surrounding area including the nature & marine life, and enjoy fun pit stops and activities led by the fantastic and energetic tour guides.

Length: 2+ hours

Min/Max: 20 minimum, no maximum (Tours of 20, back-to-back available)

Inclusions: Guides, Bikes & Helmets

\$200 PER PERSON FROM BIKE SHOP
\$250 PER PERSON W/ DELIVERY TO HOTEL



e-Bikes & Bites

Join our eBikes and Bites tour! Discover hidden gems, savor local healthy food and drinks, 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 beverage.

Length: 2+ hours

Min/Max: 25 minimum, no maximum (Tours of 20, back-to-back available)

Inclusions: Guides, Location Sourcing, Bikes & Helmets

\$300 PER PERSON



Surfing

Hit the shores and enjoy a beautiful day at the beach with this 90-minute lesson designed to teach you the basics. Whether you're a first-timer or looking to refresh your skills, this session will give you the foundational knowledge to make the most of your time by the water.

Length: 90 minutes

Min/Max: Tours of 20, back-to-back available

Inclusions: Instructors, Beginning Surf Lesson, Foam Board & Wetsuit

\$200 PER PERSON



Standup Paddle Board

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. This 90-minute tour on a board in either the ocean or calming lake waters will create lasting memories for all.

Length: 90 minutes

Min/Max: 25 minimum, no max

Inclusions: Guides, Beginner SUP (standup paddle board) lesson, Foam Board, Paddle & Life Jacket

\$175 PER PERSON



Pickleball

This unique 2-hr event brings pros of the fastest growing sport, pickleball, to you or a nearby court. Enjoy hands on training and friendly competition at an 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 with prizes.

Length: 2 hours

Min/Max: 20 minimum, no maximum

Inclusions: Pickleball Instructors, Paddles, Balls, Music & Speaker

\$175 PER PERSON



Beach Volleyball

Bump, set, spike! This unique event brings beach volleyball pros to you in a fun competitive event. The first hour goes over the drills and skills and the second hour ends in round-robin tournament winners and prizes. This is an unforgettable experience perfect for all levels.

Length: 90-120 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Instructors, Ball, Nets, Music & Speaker

\$175 PER 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 in this 2-hr team bonding session run by Fit City Captains. Groups are split up into teams. The winners receive prizes. For added enjoyment, consider adding on options like Beach Cleanup, Food Truck or Bonfire.

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: Emcee, Music, Speaker, All Games/Equipment, Team Bandanas, Prizes

\$150 PER PERSON

Sand Castle Battle

This dynamic beach contest unites teams through collaborative challenges like problem-solving, communication, and leadership games. Earn 'sand dollars' for successes, shop for materials, and construct stunning sand castles. Our expert facilitators guide, motivate, and lead a post-event discussion on translating lessons from the sand into real-life triumphs.

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: Emcee, Sand Castle Supplies, Music & Speaker

\$150 PER PERSON



Fit Quest Scavenger Hunt

Teams compete in this 2-hour event focused on adventure and problem solving. Each team will have a set of challenges to complete for points and we can add custom items that tie to your meeting objectives and company values. Each team will use a mobile app to take photos and videos. Complete these missions with your team for a grand prize. Think Amazing Race meets a fitness-based scavenger hunt!

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: Hunt Planning, Custom Clues, Music & Speaker

\$150 PER PERSON



Field Day

Get everyone involved in friendly but competitive games like Dodgeball and Relay Races from our yesteryear. Perfect for all abilities, these physical and mind games will challenge teams to work together in this 2-hr team bonding session run by Fit City Field Day Captains. Teams are split up into teams by color and compete in a round robin of games for prizes.

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: Emcee, All Games/Equipment, Prizes, Music & Speaker

\$150 PER PERSON



Minute 2 Win It

The Minute 2 Win It event is a high-paced interactive competition for all participants. Teams of 5-10 people will be challenged to work together to complete challenges in 60-second puzzles, games and improv, where other challenges will be 1 vs 1 games sure to get everyone cheering!

Length: 90 min

Min/Max: 25 minimum, no maximum

Inclusions: Emcee, All Games, Supplies & Prizes

\$150 PER PERSON



Music Madness

Unleash your inner rock star with our Music Madness program. Start with Speed Trivia and then moving into an interactive wheel spin, where participants quickly showcase their musical talents. Dive into the Lip Sync Battle for some friendly competition as teams perform their favorite hit chorus with flair and creativity.

Length: 2 hours

Inclusions: DJ, Emcee, Basic DJ equipment, game Equipment, Music

\$7,500 + DJ EQUIPMENT



Paint Party

Join us for a 90-minute step-by-step painting class lead by an engaging local artist. You will be provided with canvas and 100+ design options for you and your guests to get creative and have fun, no art experience necessary! By the end, each canvas will be unique to the participant and showcase all interpretations of the chosen design!

Length: 90 min

Min/Max: 25 minimum, no maximum

Inclusions: Instructor, Paint, Brushes & Canvases, Protective Materials, Aprons

\$175 PER PERSON



Silent Disco Dance Party

Experience the unique and energizing Silent Disco Dance Party. With wireless headphones, immerse yourself in a world of music, dance, and unity. Join a crowd of silent dancers, with DJs that play a range of music and can even battle each other.

Length: 3+ hours

Inclusions: DJ, Basic DJ equipment, Headsets & Transmitters

\$40 PER HEADSET (\$3500 MINIMUM)
+ \$1500 FOR DJ



Salsa & Guac Challenge

Join our fun emcee team and the resort chefs as we host and judge the ultimate guac-off! Unleash your culinary creativity to win fantastic prizes for the best presentation and face exciting team building challenges along the way. The hotel/restaurant must provides basic fresh ingredients.

Length: 90 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Emcees, Music, & Speaker(s), Prizes, All Supplies & Non-perishable Food Ingredients

\$150 + \$30-\$50 FOOD FEE PER PERSON



Sushi Roll Challenge

In this hands on sushi class, your group will create one sushi roll of their choosing along with a number of appetizers for the group including chicken satay, poke, and salad. The chef/instructor will provide instruction, allowing time for questions and tasting. To add some friendly competition and incentive, the challenge will end with prizes for categories like, "best presentation" and a "company" roll! All ingredients will be provided and brought onsite.

Length: 90 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Sushi Chefs, All Food Ingredients including Appetizers & Sushi, Authentic Japanese Food

\$175 PER PERSON

Chocolate, Coffee, Tea & More

Embark on a delectable journey through the world of chocolate, starting from the very cacao fruit and seeds, making way to the indulgent world of truffles. Dive into this sweet adventure while engaging in team building games, trivia and competing for exciting prizes along the way!

Length: 90 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Instructor, All Products for Tasting five piece truffle box

\$150 PER PERSON





COMMUNITY SERVICE



Beach Cleanup

While you're planning the next corporate retreat, consider incorporating a CSR element into your event with a local beach clean-up! Whether it's an ocean, lake or beach, we will find a waterway that needs some TLC. Our cleanup includes all trash pickers, buckets & team building questions, trivia and prizes for most unique trash, as well as a donation to a local cleanup organization.

Length: 60 minutes

Inclusions: Trash Pickup Equipment, Trivia Questions & Prizes, Coordination with Charity

\$3500 + \$1500 DONATION



Hike & Help The Planet

Enjoy a guided hike that combines environmental education with hands-on activities like tree planting, weeding, and clearing. This team building experience not only allows you to connect with nature but also gives you the opportunity to work together to make a positive impact on the environment. Get your hands dirty, help the planet, and strengthen your teamwork skills all in one meaningful adventure!

Length: 60 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Guides, Trash Pickup Equipment, Planting/Weeding Supplies

\$150 + \$40 DONATION PER PERSON



Photography Hike

Capture breathtaking nature shots during our photography class. Our photography expert will provide personalized guidance and tips for all skill levels, helping you use your smartphone to capture stunning nature views. This immersive experience will take you on a journey to refine your photography skills while exploring the beauty of nature, utilizing today's latest technology and apps.

Length: 90 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Instructor, Pre-event and event coordination, customized hunt and class

\$175 PER PERSON

Pet Care Kits

As a team you will put together pet care kits to drop off at select animal charities in the community! Bond with your team while making toys, kibble, treats, and a decorated box to hold all the goodies! Incorporate games to win supplies for your team and take photos to include in your next social media post!

Length: 90 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Emcee, game and kit Supplies, Coordination & Drop-Off with Charity

\$125 PER PERSON AND \$75 PER KIT

ON A FLOW: \$5,000 FOR 50 KIT DONATIONS



Super Hero 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. Super Hero Supplies including materials to make a cape for a kid in need, a custom note, toys and games.

Length: 1.5 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Supplies, Detailed Instructions, Curated Playlist, Coordination & Drop-Off with Charity

\$125 PER PERSON AND \$75 PER KIT

ON A FLOW: \$5,000 FOR 50 KIT DONATIONS



Pause and Provide Kits

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 to kick off the wellness session.

Length: 2 hours

Min/Max: No minimum

Inclusions: Meditation instructor, All materials, Small journals and pens/markers, Pre-event Coordination & Event Coordination, Coordination with Charity, Curated playlist and small speaker

\$10,000 FOR INTERACTIVE SESSION UP TO 200 PEOPLE + \$40 DONATION/KIT

Mural Painting

This custom paint event with mural artists is a creative and collaborative experience designed to strengthen bonds within a group. Talented muralists guide teams to collectively create captivating artworks on a designated canvas or wall. The mural artists will outline the walls in advance and leave spaces for your teams artistry. The mural artist will offer help and guidance while simultaneously engaging in team building chats and challenges throughout the two-three hour event. This event must book 6-8 weeks out if the team would like to beautify a community center wall and have us source it.

Length: up to 4 hours

Min/Max: no minimum, up to 50

Inclusions: Mural Artists, Wall Sourcing, All Paint Materials, Protective Painting Materials



\$7,500 PER GROUP OF 50

Puppy Yoga

A joyful practice that combines yoga with adorable puppies. Participants enjoy their 45-minute yoga session while surrounded by playful and friendly puppies, creating a happy and relaxing atmosphere. We leave 30 minutes at the end for puppy photos and cuddling and even possible adoption from the shelter!

Length: 75 minutes

Min/Max: no minimum, up to 50

Inclusions: Coordination with Pet Shelter, One (1) 8 ft x 8 ft wire pen per litter of 5 dogs as a holding area Protective Pee Pads, Cleaning supplies, Equipment including Mats

\$2,500 + \$1000 DONATION + \$500
CHARITY COORDINATION



Urban Garden Boxes

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

Plant herbs, flowers, or succulents while learning simple gardening and sustainability practices. A hands-on activity that promotes teamwork, wellness, and giving back.

\$5,000 FOR 20 BOXES



Golf & Give

This event is the perfect combination of fun, creativity and social responsibility! Each team will be given cans and boxes of food and a combination of other building supplies. With these supplies they will build a miniature golf hole. After the event, the food will be donated to food banks to feed families in need. Everyone wins!

Length: 90 min

Min/Max: 25 minimum, no maximum

Inclusions: Instructor, Supplies, Music & Speaker, Coordination & Drop-Off with Charity

\$125 PER PERSON + \$50 IN FOOD DONATIONS



Skateboardz 4 Kidz

Join the coolest giveback team building! Our nonprofit partners use skateboarding as a tool to create safe communities and will take place for children's orgs like the Boys & Girls Club! With the assembly and decoration of a skateboard, you'll be providing a fun way to learn leadership, determination, and resiliency. Skateboards offer a great canvas to unleash your creativity as we invite teams to customize the sickest skateboards to hit the street.

Length: 90 min

Min/Max: 25 minimum, no maximum (groups of 6-8 per skateboard)

Inclusions: Emcee, Supplies including Boards, Paint & Tools, Coordination and Delivery with Charity

\$150 PER PERSON + \$250 PER SKATEBOARD DONATION
(TEAMS OF 6-8)



Surfboard Art Challenge

The Surfboard Art Challenge is an exciting and active way for your group to engage with one another while giving back! Join forces on designing and painting surfboards that will be donated to a local non-profit surf clinic. team building challenges to win supplies

Length: 90 min

Min/Max: 25 minimum, no maximum (groups of 8-10 per board)

Inclusions: Emcee, Supplies including Boards, Paint, Coordination & Delivery with Charity

\$150 PER PERSON + \$550 PER SURFBOARD DONATION
(TEAMS OF 8-10)



ADD-ONS

1



HEADSETS

Add these headphones to your fitness, wellness or music event for ultimate relaxation and silent disco wellness vibes - perfect for loud spaces or a late night noise restriction
PAIRED EXPERIENCES: Yoga, Hiking, Stretch & Sound, Breathwork & Ice Bath, Aqua Sound Bath

2



LIVE DJ

Every event can add DJ vibes! We love live music or curated playlists for your classes, mediations and team builder games. Let's kick it up a notch!
PAIRED EXPERIENCES: Silent Disco, Music Madness, Graffiti Madness, Paint Party, Field Day

3



MEDALS & TROPHY

A perfect way to make your team feel special with custom awards
PAIRED EXPERIENCES: 5K Run, Minute to Win It, Field Day, Scavenger Hunts, Guac Challenge

4



BANDANAS

Versatile, stylish, and functional—perfect for workouts, retreats, or team events. Add your logo for a bold brand statement anywhere! Puppies can wear these for all puppy events.
PAIRED EXPERIENCES: Puppy Yoga, 5K Run, Bootcamp Field Day, Guac Rock, Minute to Win It

5



WELLNESS KITS

Gift this canvas tote at registration or VIP event filled with wellness goodies like a gratitude journal, eye mask, sunblock, detox tea.
PAIRED EXPERIENCES: Massage, Hand Reflexology, Bootcamps, Gratitude, Goals & Vision

6



ESSENTIAL OILS

A great add on to any wellness lounge or sound bath event
PAIRED EXPERIENCES: Essential Oil Bar, Yoga, Massage, Hand Reflexology, Zen Den

7



BOOTCAMP BANDS

Great as a conference gift or to be used in our bootcamps and pilates classes
PAIRED EXPERIENCES: Mat Pilates, Bootcamp, Cardio Hip Hop, Yoga, Pace Partners Run

8



SNACKS & PICNIC BOXES

Add snacks to any 5K, hike or outdoor event. We can add high end picnic boxes and a picnic set up too
PAIRED EXPERIENCES: 5K Run, Pace Partners Run, Bootcamp, Cardio Hip Hop, Hiking, e-Bike

9



JUICE SHOTS

A perfect morning kickstart or afternoon boost, we provide all organic juice shots and can even put it in a branded coconut!
PAIRED EXPERIENCES: Volleyball, Beach Games, Pickleball, Surfing, Kayaking, e-Bike, Hiking

10



PHOTOGRAPHY + FRAMED PHOTOS

Capture the moment for your teams and winners and gift the image in a frame for their desk and ask a keepsake. Take the photo out of the device for the memories.
PAIRED EXPERIENCES: All team building, wellness and community service experiences

CONNECT WITH US



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Ready to get started?

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

SCHEDULE A CALL