



**FULL MENU**



# IN-PERSON ACTIVITIES

AT YOUR OFFICE OR A NEARBY LOCATION

## TEAM BUILDING



## WELLNESS



## COMMUNITY SERVICE



## LEADERSHIP & DEVELOPMENT



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# IN-PERSON TEAM BUILDING



# TEAM BUILDING - IN-PERSON

## 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!

starting at \$125/person

### Cooking Challenge - Sushi

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

starting at \$175/person

### Chocolate Tasting

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

starting at \$125/person

### Cocktail Class

Learn how to make two amazing premium craft cocktails or mocktails to impress friends and family

starting at \$175/person



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FIT CITY ADVENTURES - IN-PERSON ACTIVITIES

### Chocolate Antioxidant Truffle Making

starting at \$180/person

Learn how to make healthy truffles for the holidays, packed with antioxidants and delicious dark chocolate options with low calorie alternatives.

### Juice and Smoothie Station

starting at \$100/person

Serve a wide variety of juice and smoothie options, all made using freshly blended veggies and fruit for a delightfully refreshing hit

### Healthy Wrap or Bowl Station

starting at \$125/person

Satisfy everyone's tastes and health needs while you impress your guests with the healthy spring wrap.

### Ice Coffee Brewing

starting at \$100/person

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

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# TEAM BUILDING - IN-PERSON

## Art & Music Events

### Graffiti Madness

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.

starting at \$160/person

### Paint Party

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

starting at \$125/person

### DJ Karaoke

Bring the group together and release the superstar in you. Sing a long to build relationship and bond with your teams

\$1,000/hr min. 3 hrs

### Dueling Piano Team Anthem

Bring the group together at the dueling piano bar for a private event with the performers to form a “band” and create your own team anthem.

\$10,000

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# TEAM BUILDING - IN-PERSON

## Games & Adult Play Events

### Scavenger Hunt

Join us for team mental and physical challenges for a grand prize.

starting at \$100/person

### Field Day

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

starting at \$125/person

### Beach Games

Bring the team together in a round-robin event. Host the games like cornhole and bocce at sunset and they will glow in the dark!

starting at \$125/person

### Minute 2 Win It

Join us for team mental and physical challenges for prizes!

starting at \$125/person

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— FIT CITY ADVENTURES - IN-PERSON ACTIVITIES

# TEAM BUILDING - IN-PERSON

## Fitness & Sports Events

### Boxing Bootcamp

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 including jump ropes, bags and gloves/pads.

starting at \$75/person

### Pace Partners Run

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

starting at \$75/person

### Beach Volleyball

Bump, set, spike! This unique event brings the beach volleyball pros to you in a training and fun competitive event that screams “SoCal vibes”.

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.

starting at \$150/person

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FIT CITY ADVENTURES - IN-PERSON ACTIVITIES





# IN-PERSON WELLNESS



## Mindfulness & Self Care

### 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.

\$1,750 up to 50 people

### Tai Chi

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

\$1,750 up to 50 people

### Ergonomics 101

Learn the tips and tricks to create the best ergonomic office set up and get exercises to keep the blood flowing.

\$1,750 up to 50 people

### Breathwork

Learn simple, yet effective breathwork techniques to calm the mind, relax the nervous system, and provide clarity and energy during the work day.

\$1,750 up to 50 people

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### Zen Den

Create a Zen Zone with comfortable chairs & plush pillows, lighting, aromatherapy, water features.

Starting at \$100/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

Starting at \$100/person

### Make Your Own Essential Oils

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

Starting at \$150/person

### Say No to Stress Meditation

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

\$1,750 up to 50 people

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## Mindfulness & Self Care

### Relax & Restore

\$200 per person

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

### 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.

### Superfoods Nutrition Class

\$1,750 + food cost

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

### 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.

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## Fitness & Sports

### Virtual Reality Fitness

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

starting at \$175/person

### Breathwork & Ice Bath

Increase your health and overall wellbeing. Using these methods promote relaxation and feeling energized.

starting at \$125/person

### Country Line Dancing

Learn the easiest line dances and be set to get out on the dance floor every time you go out!

starting at \$1,750/up to 50 people

### Salsa Dancing

Learn the basics of salsa dancing while waking up your body, releasing stress, and boosting your mood

starting at \$1,750/up to 50 people

### Create Balance

Learn meditations to use in the workplace to reduce stress. Gain basic stretches as preventative medicine for your future body.

starting at \$2,000

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### Cardio Hip Hop

starting at \$60/person

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!

### Yoga Sculpt

starting at \$1,750 up to 50

Improve your endurance and your mobility while you relax your mind and leave the class feeling stronger and healthier.

### Beach/Harborwalk Bootcamp

starting at \$1,750 up to 50

Include stops along the route for bodyweight exercises like squats, lunges and aerobics exercises. This all-levels class can be scaled up or down to best fit each class.

### Pilates Bootcamp

starting at \$1750 up to 50

A workout class with pilates bodyweight movements to tone and target those smaller muscles, keep the body lean, & mean!

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### Ebike

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

starting at \$185/person

### Hiking

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

starting at \$85/person

### 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.

starting at \$125/person

### Surfing

Reinvent your typical "Board Meeting" and get out of your building/office. Our creative approach to team building will enhance your employee's communication and teamwork in a relaxed atmosphere.

starting at \$200/person

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# IN-PERSON COMMUNITY SERVICE





# COMMUNITY SERVICE - IN-PERSON

## 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.

starting at \$100/person

### 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!

starting at \$100/person

### Golf & Give

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

starting at \$175/person

### 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!

starting at \$100/person

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FIT CITY ADVENTURES - IN-PERSON ACTIVITIES

## Care Kits

### 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 and that they have the strength to become whatever they want to be.

\$100/per person

### Pet Care Kits

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

\$100/per person

### Fluffy Friends

Join us in assembling kits with a stuffed animal, customized t-shirt, card, and a birth certificate letter and make them ready for the child to receive. Drop off completed kits at the selected charity

\$100/per person

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# COMMUNITY SERVICE - IN-PERSON

## Clean & Plant

### Clean the World

Bring a sustainable, turnkey, service project to your next event. Clean the World team building activity provides an engaging way to help meet Corporate Social Responsibility goals and are an impactful way to serve local/national charities, or emergency relief efforts.

starting at \$100/person

### Beach Cleanup

While you're dreaming of that corporate retreat, consider incorporating a CSR element into your event with a local beach clean-up! This 45-min to 1-hr cleanup comes with all of the gear and background on how and why to keep our beautiful beaches clean.

starting at \$1,500 including \$1,200 donation

### Canyon Tree Planting

Combine team building and volunteer work such as tree planting. You will surely make a positive environmental impact in your local communities.

starting at \$100/person

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FIT CITY ADVENTURES - IN-PERSON ACTIVITIES



# IN-PERSON LEADERSHIP & DEVELOPMENT

## Trainings Short List

### Diversity, Equity & Inclusion

starting at \$3,500

Educate all employees on diversity and inclusion beyond race and gender while inviting them to be more empathetic and inclusive with each other

### Breakthrough Play

starting at \$6,000

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

### CompassionIt

starting at \$6,000

Join us as we introduce self-compassion, boundary-setting, and active listening, and we work with you long-term to embed compassion within your company's culture

### Banish Burnout

starting at \$2,500

Help employees create a strategic plan to shake the stress off their shoulders. This also empowers them through uncertainty, and help manage burnout to achieve inner calm and increase mental clarity.

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## Motivational Speaker Short List

### The Beach Brain Experience

starting at \$5,000

Dr. Heidi Hanna covers the science behind the beach and how it calms the nervous system. She goes through a multi-sensory talk & meditation with beach sounds. This is a fun session for that SoCal beach vibe!

### The Power of Interdependence

starting at \$5,000

Jeremy Poincenot, an Inspirational Speaker, shares his story to provide perspective and help others see the power of interdependence and its importance to their personal and professional success.

### MindTravel & Mindfulness

starting at \$6,000

Murray Hidary, classical pianist and composer, plays originally composed binaural beats live to bring your team into a meditative state with the power of music for a seated or walking meditation break in the day.

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# VIRTUAL ACTIVITIES

REMOTE BUT STILL TOGETHER

## TEAM BUILDING



## WELLNESS



## COMMUNITY SERVICE



## LEADERSHIP & DEVELOPMENT



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# VIRTUAL TEAM BUILDING





# TEAM BUILDING - VIRTUAL

## Games & Entertainment

### Game Show Extravaganza

Join us for Family Feud, Name That Movie, and a Scavenger Hunt for prizes!

starting at \$55/person

### Minute 2 Win It

Join us for team mental and physical challenges for prizes!

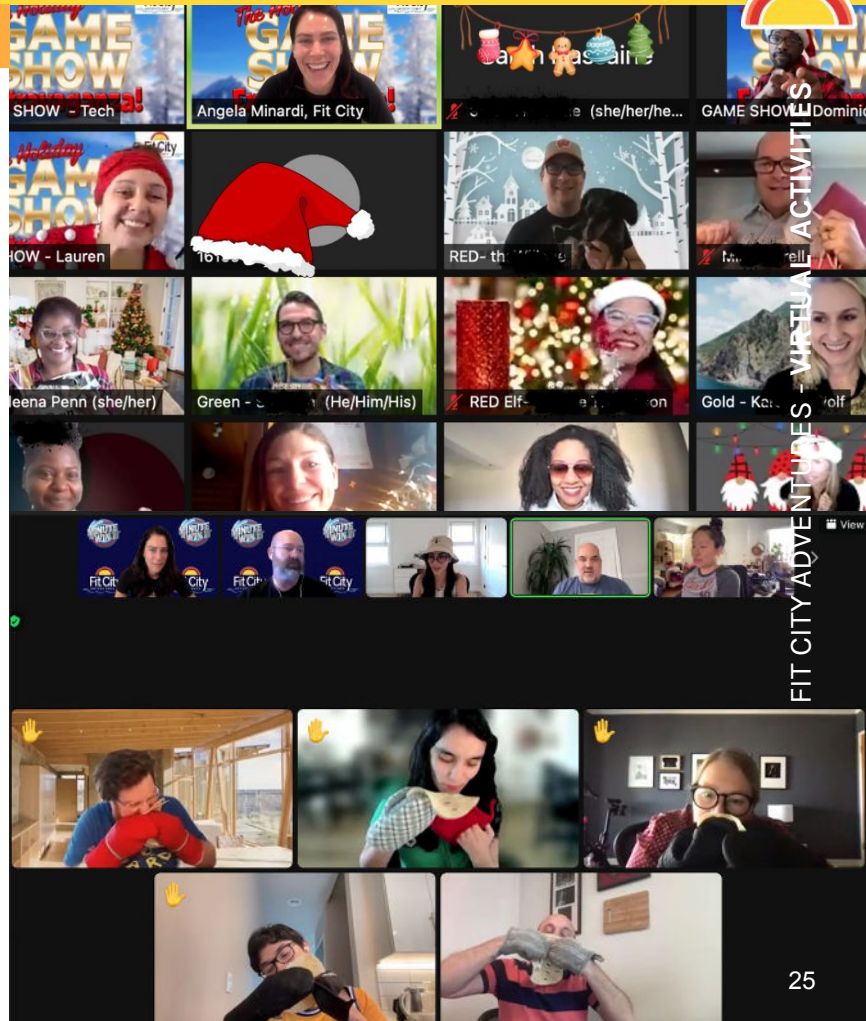
starting at \$55/person

### Amazing Cyber Race

Travel the world with your team and solve clues in different countries for prizes!

starting at \$55/person

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# TEAM BUILDING - VIRTUAL

## Games & Entertainment

### Cyber Sleuths

Solve clues and escape the different digital rooms with your teams to unlock levels for prizes!

starting at \$55/person

### Legends of the Hidden Temple

A great way to get groups of people to work together in teams as they solve puzzles and complete challenges!

starting at \$55/person

### Musical Power Hour

Join us for our custom dueling piano show complete with song requests, games, musical scavenger hunt and trivia for prizes.

starting at \$5,000

### Magic Show

Enjoy a themed close-up magic and mind reading show with tricks and illusions you won't believe!

starting at \$7,000

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# TEAM BUILDING - VIRTUAL

## Games & Entertainment

### Comedy

Bring stand-up comedy to your team with a virtual show. This comedy show will feature three comedians, including the host Kelly MacFarland, known from Last Comic Standing and Comedy Central

starting at \$4,500

### Improv

Learn the “yes and” skills from improv pros that build strong cohesive teams!  
Improv games and exercises  
Creativity - drawing & storytelling  
Play-based learning & listening

starting at \$5,000

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CITY ADVENTURES - VIRTUAL ACTIVITIES

# TEAM BUILDING - VIRTUAL

## Kits & Crafts

### Craft Corner

starting at \$150/person

Spark joy and build fun projects for home decorations, organic bath bombs & candles, herb garden, flower arranging. Our local artists will guide you through every step of the craft and we will ship the kits right to your door

### Virtual Paint Party

starting at \$125/person

Join us for a fun painting class and paint step-by-step with all supplies sent to your door.

### Cocktail Class

starting at \$175/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!

### 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.

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# TEAM BUILDING - VIRTUAL

## Food & Drinks

### Pizza Party

Learn how to make two healthy flatbreads in this 30 minute class with our chef from her kitchen to yours. The entire team will receive a kit with all of the ingredients the day before to cook along with the chef.

starting at \$175/person

### Charcuterie Class

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.

starting at \$175/person

### Tacos & Tequila

Learn how to sear a steak perfectly and add all the flairs that make this taco class a hit! You will also learn why this tequila pairs so well with taco.

starting at \$175/person

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### Samosa and Chai Xperience

Join Chef to learn how to make traditional samosas and masala chai! Chef will walk participants through the art of samosas making accompanied by freshly made, hot masala chai.

starting at \$175/person

### Cookie Wars

Spend time making the Cookie wars, and enjoy them all season long!

starting at \$175/person

### Hot Cocoa Bombs

Chef will walk participants through how to make ever-trending hot cocoa bombs for the perfect fall and winter drink. Use gourmet marshmallows and sprinkles to take traditional hot cocoa to the next level!

starting at \$175/person

### Iced Coffee Class

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

starting at \$125/person

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# VIRTUAL WELLNESS



### Gratitude Goals & Visions

45-minute interactive workshop setting goals through journal prompts, affirmations to boost energy & mood. Yogi and meditation practitioners from Mindful Mob will focus on working through exercises with breaks for participants to meditate and journal throughout.

starting at \$2,500

### Say No to Stress

Breathing, light yoga/seated stretching, guided meditations and sound instruments to calm the mind and start the day with a strong mind and body connection to raise energy and clear out any cobwebs or negative thoughts.

starting at \$2,500

### Balance & Burnout Workshop

Start the conversation of how you create purpose and meaning. Creating certainty in yourself first, in an uncertain world. Learn meditations to use in the workplace to reduce stress. Gain basic stretches as preventative medicine for your future body. Dive into best seller "Cheers to Chaos, 8 Tools for the Puffy Eyed and Powerful".

starting at \$2,500

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### Mindful Challenge

Wellness "Challenges" includes activities that engage people in becoming happier, healthier, and more energetic at work. The purpose of Challenges is to encourage healthier lifestyle behaviors.

starting at \$2500

### Mindful Library

Provide employees with the tools they need to overcome burnout, overwhelm, and distraction by sharing simple yet optimized wellness classes designed for the corporate world. Inside the library are: Meditation, Yoga Anywhere, Functional Fitness, Office Stretching, Sound Bath, Breathwork

starting at \$2500

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FIT CITY ADVENTURES - VIRTUAL ACTIVITIES

### Ergonomics 101 & 102

Learn the tips and tricks to create the best ergonomic office set up and get exercises to keep the blood flowing.

starting at \$2,500

### Office & Home Feng Shui

In this virtual session, our experts will teach your group feng shui design principles to optimize your workspace and home.

starting at \$2,500

### Budgeting 101

Learn key budgeting tips to keep your finances on track. These tips will get you started on your way to achieve more of your financial dreams.

starting at \$2,500

### Breathwork

Learn simple, yet effective breathwork techniques to calm the mind, relax the nervous system, and provide clarity and energy during the work day.

starting at \$2,500

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### Superfoods Nutrition Class

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

starting at \$2,500

### Blue Zone Diet

Learn the principles for living the Blue Zones way that gives you specific, simple strategies to help you put them into practice. Reduce your risk of disease, increase your vitality, and boost your lifespan

starting at \$2,500

### Gut Health & Detox

Learn the how-tos of food combining, food as a medicine, and your best diet hosted by our registered dietician, functional nutritionist, and organic chef. She will run through a food demo for 50-minutes and then will cover food properties, health benefits, recipe planning, and answer any questions.

starting at \$2,500

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### Hiking Challenge

Pick a trail to hike. Take a photo at the summit or trailhead and email our inbox to be entered to win a \$200 REI gear gift card! It's a fun way to get the crew out exploring new trails and maybe even with each other!

starting at \$2,500/challenge

### Fitness for Food Banks

Track daily workouts and steps and donate a meal to 200+ local food banks across the US. The best part? Hit three donations and start to receive rewards for healthy food and wellness services near you!

starting at \$5,000/year





# VIRTUAL COMMUNITY SERVICE



FIT CITY ADVENTURES - VIRTUAL ACTIVITIES

## Care Kits

### 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 and that they have the strength to become whatever they want to be.

\$150/per person

### Pet Care Kits

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

\$140/per person

### Fluffy Friends

Join us in assembling kits with a stuffed animal, customized t-shirt, card, and a birth certificate letter and make them ready for the child to receive. Drop off completed kits at the selected charity

\$175/per person

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# VIRTUAL LEADERSHIP & DEVELOPMENT



# LEADERSHIP & DEVELOPMENT - VIRTUAL

## Trainings and Speakers

### DEI&B

Educate all employees on diversity and inclusion beyond race and gender while inviting them to be more empathetic and inclusive with each other

starting at \$5,000

### Breakthrough Play

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

starting at \$5,000

### Motivational Speakers

Hear from Pro/Olympic Athletes that lived through adversity sharing an inspirational message. They will share their story on how they overcame the odds and win the biggest championship of their lives, including training, mindset and teamwork.

starting at \$5,000

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FIT CITY ADVENTURES - VIRTUAL ACTIVITIES