



Fit City
ADVENTURES®

EXPERIENCES MENU

See the city in a fun, fit way!



(858) 367-9992



info@fitcityadventures.com



www.fitcityadventures.com

KEEP YOUR CREW & CULTURE STRONG

Click to watch!



FIT CITY ADVENTURES

OUR MISSION

To cultivate and inspire meaningful human connections through **active team building and wellness programming** while giving back to our community.

Our Community Partners:



FIT CITY ADVENTURES



HOW WE WORK: TOP 10



We are a **one-stop-shop lifestyle concierge** with over 100+ events! We handle all details and book 4-6 weeks out.

1. We bring it all! Just need space, power and a water station
2. We are in **15 cities** and will travel 2 hrs from those cities with no travel fees - we charge **ONE price!**
3. We have a **sales and event experience operations team and onsite day staff** handling waivers and photos for all events
4. Our sales team can turn around proposals **in 48 hours**
5. Headcounts are due **2 weeks out**
6. **Minimums are 20 or 25**, but we can accommodate smaller VIP groups if they cover minimums
7. We can **customize** with notice and even brand gifts
8. Event Experience team creates **Ops Orders one week out**
9. Ask about our preferred hotel rewards program
10. Call **858.367.9992** or email **info@fitcityadventures.com**

Watch CEO overview video



PHOTOGRAPH



ACTIVITIES

ON PROPERTY, YOUR OFFICE OR OUTDOOR LOCATION

WELLNESS



TEAM BUILDING



COMMUNITY SERVICE



[CLICK TO JUMP TO CATEGORY](#)



WELLNESS



Rise & Shine Bootcamp

starting at \$2,000 in group of 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, & gratuity, equipment, pre-event and event coordination, photography

Pace Partners Run

starting at \$85/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, gratuity, photography



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.

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), gratuity, photography

starting at \$85/person

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

starting at \$65/person



FIT CITY ADVENTURES

Yoga & Meditation

starting at \$2,000 in group of 50

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 a meditation.

Length: 1 hr

Min/Max: no minimum, no max

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

Barre & Bands Pilates

starting at \$2,000 in group of 50

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



Mindfulness & Self Care

Relax & Restore

Unwind with your choice of neck and shoulder massage, stretching, breathwork, sound bath, complete with essential oils and CBD lotion

Length: 1 hr+

Min/Max: 25 minimum, no max

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

Pricing upon request

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 hr+

Min/Max: 25 minimum, no max

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

starting at \$2,000



Mindfulness & Self Care

Tai Chi

starting at \$2,000 in group of 50

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

Say No to Stress Meditation

starting at \$2,000 in group of 50

Join us for a brain break with light, a guided meditation, breathing and sound instruments to calm the mind and start the day with a strong mind and body.

Length: 20-45 min

Min/Max: no minimum, no max

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



Mindfulness & Self Care

Gratitude Goals & Vision

starting at \$2,000 up to 50 people

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



Massage

starting at \$350/hr

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..

Length: 1 hr

Min/Max: Min 3 hours

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



Make Your Own Essential Oils

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, taxes and gratuity, photography

starting at \$150/person
Also available on a flow

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

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, taxes and gratuity, photography

starting at \$150/person
Also available on a flow



Superfoods Nutrition Class

starting at \$2,000 in group of 50

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, & gratuity, pre-event and event coordination, photography. Includes recipe planning, print outs and food costs.

Chocolate Tasting

starting at \$140/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, pre-event and event coordination, products and all mixing materials, photography & gratuity





TEAM BUILDING



TEAM BUILDING

Outdoor Adventure

Game Rental

starting at \$1750

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 5 game minimum

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

Field Day

starting at \$150/person

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

4 Relay Race Style Games that can include Dodgeball and kickball

Length: 1.5 hrs

Min/Max: 25 minimum, no max

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



FIT CITY ADVENTURES

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, photography, gratuity

starting at \$140/person



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

starting at \$140/person





Hiking

Stroll the scenic trails of in this hike and enjoy the beautiful views while hearing from our guides on the flora, fauna and history of the area. Our first-aid certified guides lead the group through team building chats and unique stops along the trail.

Length: 1.5 hrs

Min/Max: 20 minimum, no max

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

starting at \$110/person



Photography Hike

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: 20 minimum, no max

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

starting at \$140/person





Hike & Sound Bath

starting at \$165/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: 1.5-2 hrs

Min/Max: 20 minimum, no max

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

The Ultimate Beach Day

starting at \$140/person

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



Ebike Tour

starting at \$250/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 photos along the way. Starting from shop or hotel valet (different pricing)

*\$200 from bike shop and \$250 from hotel lobby

Length: 1.5 hrs

Min/Max: 20 minimum,

Max group size dependent on available equipment.

Tours in groups of 20. One guide per 6 bikers.

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

Bikes & Bites

starting at \$350/person

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 - one stop for food and another for a non-alcoholic bev!

*available in select cities

Length: 1.5 hrs

Min/Max: 20 minimum

Max group size dependent on available equipment.

Tours in groups of 20. One guide per 6 bikers.

Inclusions: pre-event and on-site event coordination, Guides, and waters, gratuity, photography





Surf & Turf Day

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

Length: 3 hrs

Min/Max: 25 minimum, no max

Inclusions: Surf or Kayak guides and instruction for 90-minute, all equipment including foam board and wetsuit, pre-event and on-site coordination, gratuity, photography

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

pricing available upon request



FIT CITY ADVENTURES

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, gratuity, photography

pricing available upon request



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, permit fees, pre-event & on-site coordination, gratuity

starting at \$150/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. The first hour goes over the drills and skills and the second hour ends in round-robin winners.

Length: 2 hrs

Min/Max: 20 minimum, no max

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

starting at \$175/person



TEAM BUILDING

Outdoor Adventure

Kayaking

Hit the coast on a sea kayak tour. Ride in a tandem kayak and learn about the marine life and how we are working to keep our oceans, lakes and rivers clean.

Length: 2 hrs

Min/Max: 25 minimum, no max

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

Notes: Bring towel, water, sunscreen

starting at \$180/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 \$220/person



TEAM BUILDING

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! Can add margaritas for additional \$

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

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

starting at \$140/person
+\$30-\$50 F&B/person

Cooking Challenge - Sushi

Create two custom sushi rolls and enjoy a number of appetizers with prizes for creativity. Learn about the history of sushi and enjoy the delicious food with a professional chef and your team.

Length: 2 hrs

Min/Max: 25 minimum, no max

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

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

starting at \$180/person



TEAM BUILDING

Art & Music Events

Graffiti Madness

starting at \$200/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 through team challenges.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Graffiti Artists, staff, 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 \$175/person

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

Length: 1.5 hrs

Min/Max: 25 minimum, no max

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



Mural Painting

A custom mural event, led by skilled artists, fosters teamwork, communication, and problem-solving as teams create captivating murals.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Mural Artists, staff, gratuity

Sourcing of location with a focus on beautifying a non profit, Protective painting materials, Pre-event & event coordination and photography

starting at \$7,500



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, parking, set up and breakdown, pre-event and event coordination, and gratuity

starting at \$1,500/hr



ADD-ONS



Food Trucks

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

Length: 1.5 hrs

Min/Max: \$5,500 no max

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

starting at \$5,500



FIT CITY ADVENTURES

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 pre-event and event coordination, gratuity

starting at \$3,500



Glow Flow

starting at \$2,000 in group of 50

Put on your neon attire and pick up your mat for an incredibly radiant adventure. Join us to enhance your glow with glow-in-the-dark body paint and an illuminating yoga session.

Length: 1 hr

Min/Max: no minimum, no max

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

Pool Sound Bath

starting at \$2,000 in group of 50

Experience deep relaxation with our Pool Sound Bath featuring crystal bowls in the water. And for poolside loungers, enjoy Acupressure Ear Seeds, a gentle touch for ultimate relaxation.

Length: 1 hr

Min/Max: no minimum, no max

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





Coconut Branding Experience

starting at \$1,750

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 & gratuity, pre-event and event coordination, photography



Beach Cleanup

starting at \$1,750

Enhance your corporate retreat with a local beach clean-up! We offer team building beach activities and prizes for the most trash/unique trash and trash trivia!

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.



Health Bar: B12 + Juice Shot

starting at \$175/person

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: 1 -2 hrs

Min/Max: 25 minimum, no max

Inclusions: Locally sourced juices, B12 shots, nurse practitioner, all staff, gratuity, pre-event and event coordination, photography

Meditation Headsets

starting at \$2,000 up to 50 people

Pre-loaded headsets with guided meditation channels, delivery, setup, staffing.

Length: TBD

Min/Max: 25 minimum, no max

Inclusions: headsets and transmitter



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 \$50/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 \$75/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 \$1,500/donation
+ \$2,000 yoga class fee



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, gratuity, pre-event and event coordination, photography

starting at \$1,500



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, gratuity, pre-event and event coordination, photography

starting at \$1,500





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: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, gratuity, all games, supplies, set up/breakdown, emcee and audio equipment, pre-event and event coordination, photography & prizes, bike donations

starting at \$225/person

Golf & Give

Create mini-golf holes with canned goods and unique supplies in this “Shark Tank” style competition.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: All staff, instructor & 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



COMMUNITY SERVICE

Experience Builds

Surfboard Art Challenge

starting at \$165/person
+\$550/surfboard groups of 8-10

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 or on a flow

Min/Max: 25 minimum, no max

Inclusions: All staff, instructor & 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

Ramp It Up Skateboard Build

starting at \$165/person
+\$250/skateboard groups of 8-10

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: 1.5 hrs or on a flow

Min/Max: 25 minimum, no max

Inclusions: PA system and all supplies including boards, paint and tools, professional emcee, staff, set up / breakdown, gratuity and coordination, Transport not provided



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. This includes capes, shields and masks that will be delivered to hospitals and kids camps.

Length: 1.5 hrs or on a flow

Min/Max: 25 minimum, no max

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

Pet Care Kits

Put together pet care kits virtually to drop off at select charities while getting closer as a team! This includes toys, kibble, treats and a decorated box! Play games to win supplies and take photos.

Length: 1.5 hrs or on a flow

Min/Max: 25 minimum, no max

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

\$110/person
+\$50/kit

\$110/person
+\$50/kit



FIT CITY ADVENTURES



Farm to Table Tour

Experience the journey of food from the farm to the table with a farm to table tour. This includes a 30 min tour with the farmer, 30 min of planting, weeding or painting and then another 30 min tasting and trying the seasonal foods.

Length: 1.5 hrs

Min/Max: 25 minimum, no max

Inclusions: Pre-event and on-site event coordination, guides, food & drink, gratuity, photography,

starting at \$140/person
*dependent on season
and location



Hike & Help The Planet

Enjoy a guided hike that blends environmental education with tree planting, weeding, clearing and learning about the environment. Get your hands dirty and help the planet!

Length: 1.5 hrs.

Min/Max: 25 minimum, no max

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

starting at \$140/person
*dependent on season
and location

