

# CHOOSE YOUR EXPERIENCE

BROUGHT TO YOU BY



Fit City Adventures is Denver's lifestyle concierge that provides unique experiences, group fitness classes, recreational activities and wellness events for groups that want to take team building to the next level with an active twist.



[linktr.ee/Fitcity](https://linktr.ee/Fitcity)

See full menu & video



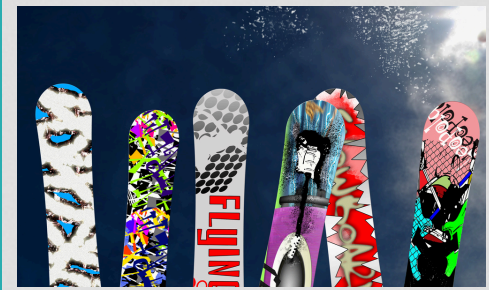
## YOGA

This 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.



## RUNNING THE STAIRS

Join us for Running the Stairs at Red Rocks Amphitheatre! Challenge yourself on the iconic steps, enjoy stunning views, and conquer this fun, heart-pumping workout.



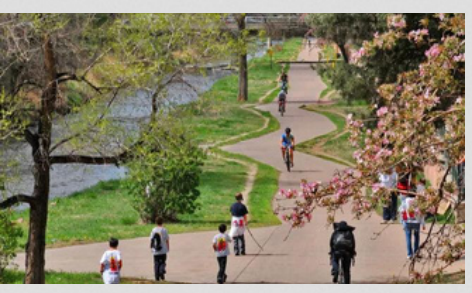
## PAINT SNOWBOARDS/ SKIS

Bring your gear to life with your own unique design in this fun, hands-on experience. Perfect for all skill levels, this creative activity blends art, adventure, and the beauty of the Colorado outdoors.



## CHILI COOK-OFFS

Join our lively emcee team and resort chefs for the ultimate Chili Cook-Off! Showcase your culinary skills by crafting your best chili using creativity and secret ingredients. Compete for prizes and the title of chili champion!



## PACE PARTNERS RUN

Lead, follow, and head out along Cherry Creek Trail for a 2-3 mile run at your own pace. Various instructors are available who run at different speeds. This includes a warm up stretch and cool down.



## GRAFFITI SCAVENGER HUNT WITH MURAL PAINTING

Hunt for hidden graffiti gems in the city, then unleash your creativity on a collaborative mural. Perfect for team-building and art lovers, this adventure blends urban exploration with hands-on art.

## CONTACT US

(858) 367-9992

[info@fitcityadventures.com](mailto:info@fitcityadventures.com)

[www.fitcityadventures.com](http://www.fitcityadventures.com)

# CHOOSE YOUR EXPERIENCE

BROUGHT TO YOU BY



Fit City Adventures is Denver's lifestyle concierge that provides unique experiences, group fitness classes, recreational activities and wellness events for groups that want to take team building to the next level with an active twist.



[linktr.ee/Fitcity](https://linktr.ee/Fitcity)



## HIKE AND SOUND BATH

Escape to serenity with our Hike and Sound Bath on area trails. Enjoy a tranquil hike led by experts, followed by a calming sound bath with singing bowls. Find balance and relaxation in nature's embrace.



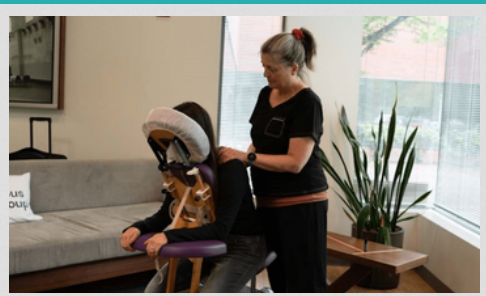
## FIELD DAY

Get everyone involved in friendly but competitive Relay Races from our yesteryear. Perfect for all abilities, these physical and mind games will challenge teams together.



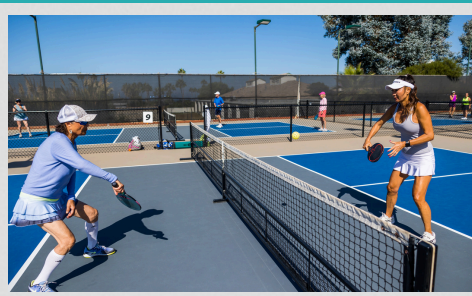
## BREATHWORK & MOUNTAIN ESSENTIAL OILS

Engage in breathwork sessions to boost oxygen intake, paired with invigorating mountain essential oils to enhance energy and focus. Perfect for preparing your body and mind for high-altitude adventures!



## RELAX & RESTORE WITH ZEN DEN

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



## PICKLEBALL

This unique event 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.



## RAMP IT UP SKATEBOARD

Customize the sickest skateboards to hit the street through team-building games and challenges. The custom boards will be donated to the Boys & Girls Club of Metro Denver, making an impact both on and off the streets!

## CONTACT US

 (858) 367-9992

 [info@fitcityadventures.com](mailto:info@fitcityadventures.com)

 [www.fitcityadventures.com](http://www.fitcityadventures.com)