



EXPERIENCES MENU

SEE THE CITY IN A FUN, FIT WAY!



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

OUR MISSION

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

OUR COMMUNITY PARTNERS



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



HOW WE WORK

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

[Click for our FAQs](#)

- ✓ National in your region! We are in **25+ states & growing** - [click to see](#)
- ✓ We bring it all! Just need **space, onsite AV, power, & water**
- ✓ We can often bring the **event to you, onsite** to minimize time, travel, & expense
- ✓ **Minimums are 20 or 25**, but we can also accommodate smaller VIP groups
- ✓ We hire **local staff** to minimize travel & expense
- ✓ Our sales team turns around proposals **in 48 hours**
- ✓ **Quick turnaround?** We can often book under 2 weeks with a \$1,000 rush fee
- ✓ Headcounts are due **2 weeks out**
- ✓ We can **customize** with notice and even **brand gifts & gear**
- ✓ Our **Event Experience Team & Onsite Staff** handle waivers & photos
- ✓ Our Event Experience team creates **Ops Orders one week out**
- ✓ Fees: Onsite staff fee (\$500/event) & Management fee (\$2,000/engagement)



Event Experience Guarantee: If you aren't completely satisfied with our event planning and the experience we have provided your attendees, we will make it right! We guarantee that you and your attendees will love our events and want to come back for more.

EXPERIENCES

ON PROPERTY, YOUR OFFICE, OR OUTDOOR LOCATION

Wellness



Team Building



VIP & Speakers



Community Service



CLICK TITLE TO JUMP TO CATEGORY

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: All Staff, Pre-event & Event Coordination, Permit & Location Reservation, Race Management, Emcee, Mic, Music/Speaker, Course Signage & Mile Markers, Finish Line Water Bottles, Medical/EMT Services, Trash Management, Staff Photographer, Gratuity

\$12,500 UP TO 200 PEOPLE



City Walk / Yoga Tour

Join our guided tour through the heart of the city paced at varied speeds. We start with a warm-up, run through scenic urban landscapes, and then pause at a downtown coffee shop for refreshments and socializing. Enjoy the vibrant atmosphere and iconic landmarks as you explore the city on foot.

Length: 60 min

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Run/Walk Guides, Pre-event Coordination, Event Coordination, Equipment including Music & Speaker, Staff Photographer, Gratuity

\$110 PER PERSON



Pace Partners Run

Our run/jog/walk program features pace partners for the group that lead, follow, and guide you around the resort for a 2-3 mile run at your own pace. We offer different speeds and include a warm up stretch and cool down.

Length: 45-60 min

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Run/Walk Guides, Pre-event Coordination, Event Coordination, Equipment including Music & Speaker(s), Staff Photographer, Gratuity

\$110 PER PERSON

Mat Pilates Class

A 60-minute workout class with bootcamp bands and barre bodyweight movements that tone and target those smaller muscles, and keep the body lean & mean!

Length: 60 min

Min/Max: In groups of 50

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, Music & Speaker(s), Equipment including Mats & Bootcamp Bands, Staff Photographer, Gratuity

\$2,500 FOR A GROUP OF 50



Beachwalk/Harborwalk/Resortwalk/Bodyweight Rise & Shine Bootcamp

A 60-minute HIIT (high-intensity interval training) bootcamp perfect for a fun team looking to challenge each other while sweating to the beats. We'll find a location that suits your vibe. Our instructor will guide you through a full-body workout. If we're able to get out of the conference room, we'll use stations for lunges, squats, push-ups & more to get our "sweatworking" on. The circuits and drills will leave you energized and ready to conquer the day!

Length: 60 min

Min/Max: In groups of 50

Inclusions: All Staff, Instructor, Pre-event Coordination including Waiver Registration, Event Coordination, Equipment including Music & Speaker(s), Staff Photographer, Gratuity

\$2,500 FOR a Group of 50

Boxing Bootcamp

This 60-minute HIIT bootcamp is ideal for a lively team looking to challenge each other while sweating to the beats. At a state-of-the-art boxing gym, our instructor will guide you through a full-body workout that includes jump ropes, bags, and gloves/pads. The circuits and drills will leave everyone energized and ready to take on the day!

Length: 60 min

Min/Max: In groups of 50

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, Gym Time, Private Boxing Class, All Gear (Pads, Gloves, Wraps, & Towels), Staff Photographer, Gratuity

\$2,500 FOR A GROUP OF 50

Cardio Hip Hop

Join us for a 60-minute cardio dance class to get you movin' and groovin'. Learn a dance routine set to a popular song that is sure to make your social media followers jealous! Perfect for all levels and easy on the joints.

Length: 60 min

Min/Max: In groups of 50

Inclusions: All Staff, Instructor, Pre-event Choreography Time, Event Coordination, Waiver Registration, Equipment including Music & Speaker, Staff Photographer, Gratuity

\$2,500 FOR A GROUP OF 50

Gratitude, Goals & Vision

An interactive goal-setting workshop through journal prompts & affirmations that boost energy & mood. Mindfulness practitioners focus on working through exercises with breaks for meditation and journaling. Participants receive journals and a gratitude jar as take-home items that can be branded.

Length: 60 min

Min/Max: In a group up to 50

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, Equipment including Mats, Blankets, Sound Instruments, Journals, Markers, & Gratitude Jars, Music & Speaker, Staff Photographer, Gratuity



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

Superfoods Nutrition Class

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. They will run through a food demo and will then cover food properties, health benefits, recipe planning, and answer any questions. Options include bars, wraps and smoothies.

Length: 60 min

Min/Max: In a group of 50

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, All Food Purchase, Staff Photographer, Gratuity

\$2,500 + \$1500 FOOD FEE

Balance & Burnout Workshop

Join us for a 60-min Balance & Burnout Workshop to find purpose and manage burnout. Gain tips on creating certainty in an uncertain world.

Length: 1 hour

Min/Max: N/A

Inclusions: All Staff, Instructor / Speaker, Pre-event Coordination, Event Coordination, Small Sand Art or Succulent Activation, Staff Photographer, Gratuity



\$7,500+ DEPENDING ON SPEAKER

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, two at a time, in the ice plunge tubs.

Length: 90 minutes

Min/Max: no minimum, 100 max

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, Inflatable Tubs (3-5), Music & Speaker(s), Staff Photographer, Gratuity



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

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: All Staff, Instructor, Pre-event Coordination, Event Coordination, Equipment & Supplies including Music, Speaker(s), Pool floats with mesh & noodles, Staff Photographer, Gratuity



\$3,500 IN GROUP OF 50

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

Min/Max: 25 min, 100 max

Inclusions: All Staff, Practitioner, Pre-event Coordination, Event Coordination, All Products, Staff Photographer, Gratuity

\$500 PER PRACTITIONER/HOUR

Sound & Senses Meditation

In this activation station and sound bath, attendees will create their own essential oil roller ball with the choice of energizing or grounding essential oils, herbs and organic coconut oil. You can brand the bottles for an extra touch. Our staff will be there to assist and answer questions about the benefits of the oils. Sample and smell the oils, learn their healing power, and roll on while you experience a multi-sensory sound bath with multiple instruments.

Length: 60 min

Min/Max: no minimum, 200 max

Inclusions: All Staff, Practitioner, Pre-event Coordination, Event Coordination, Essential Oil & Sound Meditation, All Supplies including Roller Balls with Coconut Oil Base, Essential Oils, Staff Photographer, Gratuity

\$7,500 UP TO 50 PEOPLE



Stretch Lab

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: All Staff, Practitioner, Pre-event Coordination, Event Coordination, Equipment, Staff Photographer, Gratuity

\$400 PER PRACTITIONER/HOUR

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 minutes

Min/Max: up to 50 per group

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, All Equipment including Mats, Music & Speaker, Sound Instruments including Bowls & Chimes, Staff Photographer, Gratuity

\$2,500 FOR a Group of 50

Tai Chi

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

Length: 60 min

Min/Max: In group up to 50

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, Equipment including Music & Speaker(s), Staff Photographer, Gratuity

\$2,500 FOR A GROUP OF 50



Essential Oil Bar

During this activation station, attendees will create their own essential oil roller ball with a choice of energizing or grounding essential oils, combined with herbs and organic coconut oil. As you sample and smell the oils, our staff will teach about the benefits of the oils and their different healing powers. Brand the bottles for an extra touch!

Length: 60 min up to two hours

Min/Max: no minimum, 200 max

Inclusions: All Activation Staff, Pre-event Coordination, Event Coordination, All Supplies including Roller Balls with Coconut Oil, Essential Oil Options, Photographer, Gratuity

\$3,500 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. We also offer vibrating foot massagers. Chairs are cleaned between each session.

Length: 3 hour minimum

Min/Max: 3 hours+

Inclusions: All Staff, Massage Therapists, Pre-event Coordination, Event Coordination, Massage Chairs, Cleaning supplies, Essential oil lotions, Music/Speaker, Staff Photographer, Gratuity

\$400 PER PRACTITIONER/ HOUR



Reiki

Experience Reiki, a healing method that uses gentle touch to promote well-being. It reduces stress, balances emotions, and supports natural healing. Join us to feel calm and relaxed!

Length: 3 hour minimum

Min/Max: 3 hours+

Inclusions: All Staff, Practitioner, Pre-event Coordination, Event Coordination, Tables & Essential oil lotion, Music/speaker, Staff Photographer, Gratuity

\$400 PER PRACTITIONER/ HOUR



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 5+ sound bowls, chimes, drums and more.

Length: 60 min

Min/Max: In group up to 50

Inclusions: All Staff, Practitioner, Pre-event and Event Coordination, Equipment including Yoga Mats, Sound Instruments (Bowls & Chimes), Music & Speaker(s), Staff Photographer, Gratuity

\$2,500 FOR A GROUP OF 50



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 hours+

Inclusions: All Staff, Practitioner, Pre-event Coordination, Event Coordination, All Products & Equipment, Staff Photographer, Gratuity

\$400 PER PRACTITIONER/ HOUR



Relax & Restore

Unwind with your choice of 4 stations e.g. neck and shoulder massage, hand reflexology with essential oils and acupressure ear seeds, stretch lab, sound bath and more, complete with relaxing music. Each station will relax attendees for 5-10 min each.

Length: 10-20 minutes per attendee

Min/Max: 3 hour minimum

Inclusions: All Staff, Practitioners, Pre-event Coordination, Event Coordination, Massage Chairs, All products/equipment - essential oils, lotions, & acupressure seeds, Staff Photographer, Gratuity

\$15,000 FOR 4 STATIONS FOR 2 HOURS



Zen Den

Find your Zen with our Zen Den meditation experience. Headsets with iPad and pre-loaded Guided Meditation with Binaural Beats feat. DJs and other meditation sounds. These headsets offer a break in the day and are great to use while getting massages!

Length: up to 8 hours

Min/Max: no min, no max

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, 10 Soundoff Headsets, Transmitter, iPad, Diffusers & Essential Oils, Mandala Coloring Books & Pencils/Markers, Staff Photographer, Gratuity

\$5000 UP TO 8 HOURS



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: In tours groups of 20 TBD permit

Inclusions: All Staff, Guides & Instruction. Pre-event Coordination, Event Coordination, All Equipment including Kayaks, Staff Photographer, Gratuity

\$175 PER PERSON



Hiking

Stroll scenic trails in a fun team building experience with professional wilderness guides. Trails offers beautiful views of the area for photos and ice breakers. The guides provide information on the area, environment, and animals.

Length: 1.5 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Pre-event Coordination, Event Coordination, Guides (1 per 10 attendees), Water, Staff Photographer, Gratuity

\$125 PER PERSON



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: Tours of 20, back-to-back available

Inclusions: All Staff, Guides, Pre-event Coordination, Event Coordination, Waters, Staff Photographer, Gratuity

\$350 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: All Staff, Pre-event Coordination, Event Coordination, Pickleball Instructors, All Equipment including Nets, Paddles, Balls, & Scoreboard Staff Photographer, Gratuity

\$200 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: All Staff, Instructors, Pre-event Coordination, Event Coordination, All Volleyball Equipment including Ball, Nets, Scoreboard & Prizes, Staff Photographer, Gratuity

\$200 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: All Staff, Emcee & PA, Pre-event & Event Coordination, Music, & Speaker, All Games, Equipment, Team Bandanas, Prizes, Staff Photographer, Gratuity

\$175 PER PERSON

Surfing

Hit the shores and enjoy a beautiful day on the beach. This 90-minute lesson includes fun team building challenges and races like a wet suit race and biggest wipe out for prizes.

Length: 90 minutes

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

Inclusions: All Staff, Instructors, Surfing Guides & Instructions for 90-min Beginning Surf Lesson, All Equipment including Foam Board & Wetsuit, Pre-event Coordination, Event Coordination, Staff Photographer, Gratuity

\$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: All Staff, Surfing guides and instructions for 90-minute beginning SUP (standup paddle board) lesson, all equipment including foam board, pre-event coordination, Event Coordination, Staff Photographer, Gratuity.

\$150 PER PERSON



Sand Castle Battle

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

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Emcee, Pre-event Coordination, Event Coordination, Sand Castle Supplies, Music & Speaker, Staff Photographer, Gratuity

\$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: All Staff, Pre-event Coordination, Hunt Planning, iPads & PA System, Staff Photographer, Gratuity

\$175 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.

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Emcee, Pre-event & Event Coordination, All Games, Equipment including Scoring/Scoreboard, Tent, Tables, Team Bandanas, Prizes, Cooler/Waters, Music, & Speaker, Staff Photographer, Gratuity

\$150 PER PERSON



Improv

An engaging team-building session that pushes participants outside their comfort zones, enhancing active listening, communication, collaboration, and authentic self-expression. Improv fosters a creative and supportive environment for building lasting professional relationships.

Length: 60 min

Min/Max: 25 minimum, no max

Inclusions: All Staff, Pre-event Coordination, Event Coordination, Live Interaction with Multiple Comedians, Staff Photographer, Gratuity

\$7,500



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: All Staff, Emcee, Set up & Breakdown, Pre-event Coordination, Event Coordination, All Games, Supplies & Prizes, Photographer, Gratuity

\$150 PER PERSON



Graffiti Madness

Graffiti Team Building will challenge your team to explore their creative side while focusing on collaboration. Your teams will work directly with celebrity graffiti artists to create a big, bold, and colorful mural on canvas or wood. The event begins with team icebreakers like a name game or "name tag" and practice spray paint on the canvases before letting creativity take over. In the end, the graffiti artist will add their professional touch to the canvas before the attendees to take back to the office and hang it with pride!

Length: 90 min

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Graffiti Artists, Canvas Murals, Pre-event Coordination, Event Coordination, Protective Painting Materials, Artist Quality Spray Paint, Staff Photographer, Gratuity



\$250 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

Min/Max: 3 hour minimum

Inclusions: All Staff, DJ, Set up & Breakdown, Pre-event Coordination, Event Coordination, Headsets & Transmitters, Staff Photographer, Gratuity



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

DJ Dance Off & Wheels of Steel

Interactive DJs get the party started with dance offs, trivia, karaoke and more. Add on a “wheels of steel” event and learn how to use the turntables to create your own team anthem and receive the recording after the experience.

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, DJs, basic DJ equipment, Pre-event Coordination, Event Coordination, Music & Speakers, Staff Photographer, Gratuity

\$7,500



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: All Staff, Instructor, Set up & Clean Up, Pre-event Coordination, Event Coordination, Paint, Brushes, & Canvases, All Supplies including Protective Materials, Staff Photographer, Gratuity



\$175 PER PERSON

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: All Staff, Setup & Breakdown, Emcees, Pre-event Coordination, Event Coordination, Music, & Speaker(s), Prizes, All Supplies & Non-perishable Food Ingredients from the Supply "Store", Staff Photographer, Gratuity

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



Sushi Roll Challenge & Green Tea Experience

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! Enhance your experience with a matcha green tea tasting, perfectly complementing your sushi creations. All ingredients will be provided and brought onsite.

Length: 90 minutes

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, All Food Ingredients including Appetizers e.g. Chicken Skewers, Nigiri, Poke Bowls, All Sushi Ingredients (Fish & Veggie), Green & Matcha Tea Tasting, Authentic Japanese Food Basket Prize Pack, All Food Prep Plates, Cutting Boards/Knives, Tea Kettles & Chop Sticks, Staff Photographer, Gratuity

\$250 PER PERSON

Chocolate Tasting

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: All Staff, Pre-event Coordination, Event Coordination, All Products for Tasting, Staff Photographer, Gratuity

\$175 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: 45-60 minutes

Min/Max: N/A

Inclusions: All Staff, Pre-event Coordination, Event Coordination, Trash Pickers, Buckets, Trash Bags, Gloves, & Related Supplies, Trivia Questions & Prizes, Coordination with Charity, Staff Photographer, Gratuity



\$3,500 + \$500 DONATION

Hike & Help The Planet

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

Length: 1.5 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Pre-event Coordination, Event Coordination, Guides, Water, Trash pickup/planting supplies, Staff Photographer, Gratuity

\$140 PER PERSON



Farm Feel Good

Experience "Farm Feel Good" team-building during this 2 hr event: Start with a 30-minute farm tour to learn about sustainable farming, then go into 30-minutes of hands-on farming tasks like weeding, raking, and mulching, and finish with a fresh produce tasting! Connect with lead farmers and savor locally sourced, organic food. Unite, learn, and support local farms together.

Length: 1.5 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Pre-event Coordination, Event Coordination, Farmer Time, Farm Tour, Tasting Seasonal Produce, Staff Photographer, Gratuity

\$140 PER PERSON PLUS DONATION

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: 1.5 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Pre-event and Event Coordination, All Supplies, Equipment including Music & Speaker, Coordination & Drop-Off with Charity, Staff Photographer, Gratuity

\$125 PER PERSON AND \$50 PER KIT



Fluffy Friends Kits

Put a smile on a child's face with an adorable personalized stuffed animal! With a Build-a-Bear approach, your team will assemble kits made up of a stuffed animal bear, a customized t-shirt, a personalized card, and a drawstring backpack. Your team will play engaging challenges to to earn supplies for their bears. It's highly competitive but the overall winners are the recipients of your efforts.

Length: 1.5 hours

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Pre-event Coordination, Event Coordination, Supplies, Equipment including Music, PA, & Speaker, Coordination & Drop-Off with Charity, Staff Photographer, Gratuity

\$75 PER PERSON & \$50 PER KIT

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 Staff, Pre-event & Event Coordination, Supplies, Equipment including Music & Speaker, Coordination & Drop-Off with Charity, Staff Photographer, Gratuity

\$150 PER PERSON & \$50 PER KIT



Paint by Number - Hospital Art

Experience the joy of painting with our pre-printed mural wall, designed for a fun and engaging paint-by-number activity. Each section of the vinyl wall is numbered, guiding you to match the colors from our paint bar to their corresponding areas. Our friendly staff will be on hand to assist and ensure you have a great time. Once completed, the beautiful mural will be donated to a charity, making this event both enjoyable and meaningful. Join us in creating art that gives back!

Length: 90 minutes or on a flow

Min/Max: 25 minimum, no maximum

Inclusions: All Staff, Set up & Breakdown, Pre-event Coordination, Event Coordination, Instructions Paint-by-Number Mural Vinyl or Panels, Professional Paintbrushes, Numbered Set of Acrylic Paints Specific to Your Mural, Numbered Paint Shelf to Keep Your Paints Organized (1), Two Jars: One to Hold Paintbrushes, One to Fill with Water, Artist Aprons - for the facilitator(s), Canvas Drop Cloth (Length of Mural), Shipping & Delivery, Staff Photographer, Gratuity

\$125 PER PERSON & \$50 PER KIT / \$7500 ON A FLOW FOR UP TO 4 HOURS

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: 2-3 hours

Min/Max: 50 people

Inclusions: All Staff, Mural Artists, Pre-event Coordination, Event Coordination, Wall Sourcing, All Paint Materials, Protective Painting Materials, Staff Photographer, Gratuity



\$7,500 PER GROUP OF 50

Puppy Petting

Partner with a local adoption center, learn about the mission to rescue and care for animals, and boost team morale all while simultaneously playing with adorable puppies! This engaging event promises to create lasting memories and make a positive impact to the community and your team members. Join us for a pawsitively delightful experience that focuses on team-building with a cause!

Length: 2 hours

Min/Max: N/A

Inclusions: All Staff, Pre-event Coordination, Event Coordination, Coordination with Pet Shelters, 6 ft Pen & Dog Food/Water, Information about Adoption (If Applicable), Music & Speaker, Staff Photographer, Gratuity

\$3,500 + \$1500 DONATION



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: 60-75 minutes

Min/Max: In a group up to 50

Inclusions: All Staff, Instructor, Pre-event Coordination, Event Coordination, Young dogs from Local Pet Shelters (TBD Count, Age & Breed), Equipment including Mats, Cleaning Supplies, Puppy Pen(s), Music & Speaker, Staff Photographer, Gratuity

\$3,500 + \$1500 DONATION



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: All Staff, Pre-event & Event Coordination, Instructor, Supplies, Equipment including Music & Speaker, Coordination & Drop-Off with Charity, Photographer, Gratuity

\$200 PER PERSON



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: groups of 8-10

Inclusions: All Staff, Emcee, Pre-event Coordination, Event Coordination, PA Systems, Supplies including Boards, Paint, & Tools, Staff Photographer, Gratuity, Coordination and Delivery with Charity

\$175 PER PERSON + \$250 PER SKATEBOARD DONATION



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.

Length: 90 min

Min/Max: groups of 8-10

Inclusions: All Staff, Emcee, Pre-event Coordination, Event Coordination, Supplies including Boards, Paint, Staff Photographer, Gratuity, Coordination & Delivery with Charity

\$165 PER PERSON + \$550 PER SURFBOARD DONATION



VIP EXPERIENCES & SPEAKERS



VIP

CONTACT FOR PRICING & DETAILS

TaylorMade Experience

An experience where precision meets innovation in both our golf equipment and corporate culture. Enjoy golf simulation zones and compete in golf tournaments like putting and chipping contests for branded gear and swag from the country's best golf company. For an extra special touch, get fitted for a driver or putter to take home!

Min/Max: Minimum 10/Maximum 100



Surf & Shape the Board

Dive into the thrill of surfing while crafting your own surfboard, promoting teamwork, communication, and a shared sense of accomplishment. Custom shape your own surfboard with pro Chris Clarke in our mobile Airstream surfboard shaping studio. Pull up right on site and then surf with Chris and his pro friends.

Min/Max: Minimum 10/Maximum 20



Elite Military Workout

Join our military expert e.g. Navy Seal for a dynamic experience designed to elevate your mindset and motivation. It will include a grounding meditation/mantra, breathing (Wim Hof style), scalable movements, and teachings on focus and mindset in this 90-minute event.

Min/Max: Minimum 25/No Maximum



Olympic Traing Center

Enter the epicenter of athletic excellence at the Olympic Training Center. Experience cutting-edge facilities where elite athletes train for greatness and compete in team sports like archery, rowing, running, track & field and more. Try out a Spartan obstacle course on site with your teammates to crown the true champion.

Min/Max: Minimum 25/Maximum 100



Jeremy Poincenot

World Blind Golf Champ

Jeremy Poincenot is a two time World Champion of Blind Golf. He shares his story on the power of interdependence and how he overcame the odds with his father's help to win the biggest championship of his life. Jeremy will share his story virtually in the 30 minute session with 15 minutes of questions.

"I am not your ordinary motivational speaker. With a powerful personal narrative, a little wit and a strong inspirational message, I provide perspective to audiences and open their eyes to see the power of interdependence."



Maureen Beck

Paraclimbing Champion

Developed one-handed climbing skills, winning 9 national titles and 2 gold medals. She climbs in the American southwest and works with the adaptive climbing community. A 2019 National Geographic Adventurer of the Year, she introduces disabled people to climbing



Keir Dillon

Pro Snowboard turned Business Owner

Keir Dillon is a brand creator, former X-games snowboard medalist, competed on the US snowboard team for 14 years at the highest of levels. He is now CEO and creative director with over 20 years of experience collaborating on brand creations with innovative and iconic brands such as Burton Snowboards, Nike, Pepsi, and FREENDS Headphones to name a few.

Today, Keir brings his extensive knowledge of branding creation, C-suite, and category disruption to create iconic brands, cultivate a loyal community of customers, and elevate their industry presence. He's here today to share more about living with an athlete's mindset and tips and tricks you can use throughout your day to help energize you and find your passion and focus.



Speakers

CONTACT FOR PRICING & DETAILS

Dr. Heidi Hannah

Beach Brain

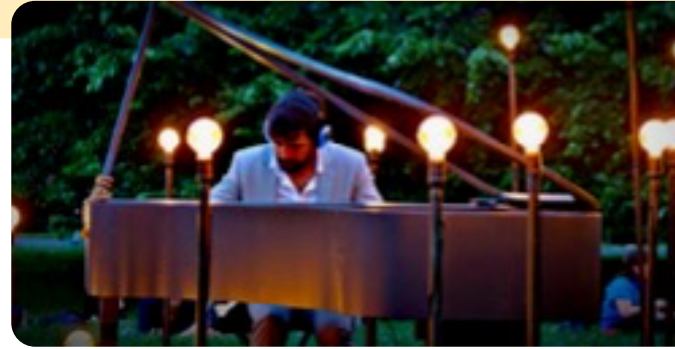
Dr. Heidi Hanna explains how the beach can calm the nervous system through a multi-sensory talk and meditation with beach sounds.



Murry Hidary

Mind Travel

A classical pianist and composer performs originally composed binaural beats live to induce a meditative state during seated or walking meditation breaks, using the power of music



Gary Ware

Breakthrough Play

Combines digital marketing experience with improv comedy to engage employees through "Play" shops. He's led hundreds of companies, building creative thinking at all levels.



David Stevens

Fittest Male

Dave is a 20-year events planning veteran and 4x Fittest Male in Meetings and Events. He co-authored a white paper on increasing meeting ROI with wellness elements alongside a Medical Doctor and Nutrition Coach. Dave holds multiple wellness and event certifications and credits his success to regular workouts and their mental and physical benefits.

