



EXPERIENCES MENU

SEE THE CITY IN A FUN, FIT WAY!



OUR MISSION

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



fitcityadventures.com

TESTIMONIALS

“

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



“

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



“

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



“

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



MESSAGE FROM OUR CEO

“

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

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

ANGELA MINARDI



CORPORATE CLIENTS



HOW WE WORK

We are a one-stop-shop lifestyle concierge with over 100+ events. We handle all details and book a minimum of 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**
- ✓ Price includes: All Staff, Pre-event & event coordination, set up & breakdown
- ✓ 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: Permit & Location Reservation, Race Management, Emcee, Course Signage, Motivational Signs, Medical/EMT Services, Music & Speaker

\$12,500 UP TO 200 PEOPLE



City Walk / Yoga Tour

Join our guided city tour at a relaxed pace, featuring a warm-up, scenic run/walk, and three mini yoga activations along the way. We'll conclude at a downtown coffee shop for refreshments and socializing, all while soaking in the vibrant atmosphere and iconic landmarks!

Length: 60 min

Min/Max: 25 minimum, no maximum

Inclusions: Run/Walk Guides, Music & Speaker

\$110 PER PERSON



Pace Partners Run

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

Length: 45-60 min

Min/Max: 25 minimum, no maximum

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

\$110 PER PERSON

Mat Pilates Class

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

Length: 60 min

Min/Max: In groups of 50

Inclusions: Instructor, Music, Mats & Bootcamp Bands

\$2,500 FOR A GROUP OF 50



Rise & Shine Bootcamp

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

Length: 60 min

Min/Max: In groups of 50

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

\$2,500 FOR a Group of 50



Boxing Bootcamp

This boxing bootcamp is perfect for a lively team looking to challenge each other while sweating to the beats. At a state-of-the-art gym, our instructor will lead a full-body workout with jump ropes, punching bags, and gloves/pads, leaving everyone energized and ready to tackle the day!

Length: 60 min

Min/Max: In groups of 50

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

\$2,500 FOR A GROUP OF 50

Cardio Hip Hop

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

Length: 60 min

Min/Max: In groups of 50

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

\$2,500 FOR A GROUP OF 50

Gratitude, Goals & Vision

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

Length: 60 min

Min/Max: In a group up to 50

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

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



Balance & Burnout Workshop

Join this empowering workshop to reclaim your purpose and manage burnout effectively. Led by a skilled speaker, you'll learn powerful strategies to build resilience and navigate challenges in an unpredictable world. The session will provide practical tools to manage stress and embrace change, leaving you inspired and equipped to balance both your personal and professional life. Walk away with actionable steps to build long-term certainty and thrive in the face of adversity.

Length: 1 hour

Inclusions: Instructor, Presentation Slides

\$7,500+ DEPENDING ON SPEAKER



Superfoods Nutrition Class

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

Length: 60 min

Min/Max: In a group of 50

Inclusions: Instructor, All Food Purchase

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

Breathwork & Ice Bath

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

Length: 90 min

Min/Max: no minimum, 50 max

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



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

Aqua Sound Bath

Experience deep relaxation with our 45-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: 45 min

Min/Max: TBD by pool size

Inclusions: Instructor, Sound Instruments, Pool floats with mesh & noodles



\$2,500 IN GROUP OF 50

Aquafit

Join our aqua fit series including aqua trampoline, boxing, and paddleboard class in the water for a fun and unique pool party experience. Move to your favorite music while toning your muscles and challenging your cardio.

Length: 1 hr

Min/Max: TBD by pool size

Inclusions: Instructor, All Class Equipment, Music & Speaker



\$1,500- \$2,500 PER GROUP DEPENDS ON POOL SIZE

Sound & Senses Meditation

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

Length: 60 min

Min/Max: no minimum, in groups of 50

Inclusions: Practitioner, Mats, Sound Instruments, Blankets, Eye Masks, Bottles, Roller Balls, Two (2) Essential Oils, Coconut Oil Base

\$3,500 UP TO 50 PEOPLE



Stretch & Sound Meditation

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

Length: 45 min

Min/Max: up to 50 per group

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

\$2,500 FOR a Group of 50



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

\$400 PER PRACTITIONER/HOUR

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 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, up to 50

Inclusions: Individual Bottles, Two (2) Essential Oils, Station Set Up

\$2,500 FOR a Group of 50



Massage

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

Length: 3-hour minimum with 5 people per hour per practitioner

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

\$400 PER PRACTITIONER/ HOUR



Hand Reflexology

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

Length: 3 hour minimum

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

Inclusions: Practitioner, All Products & Equipment

\$400 PER PRACTITIONER/ HOUR



Yoga & Meditation

This one-hour slow-flow vinyasa-style yoga is perfect for all levels. It begins with deep breathing to awaken the body and moves into basic yoga poses, guided by the instructor and relaxing music. The class will wind down with meditation and sound bowls, chimes, drums and more.

Length: 60 min

Min/Max: In group up to 50

Inclusions: Practitioner, Equipment including Yoga Mats & Sound Instruments

\$2,500 FOR A GROUP OF 50



Tai Chi

Discover the ancient arts of Tai Chi and Qi Gong in a flowing moving meditation designed to harmonize and calm the energy of your mind, body, and soul.

Length: 60 min

Min/Max: In group up to 50

Inclusions: Instructor, Music & Speaker(s)

\$2,500 FOR A 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 with 30 people per hour per practitioner

Inclusions: Practitioner, All Products

\$500 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-hour minimum with 15 people per hour per practitioner

Inclusions: Practitioner, Tables, Essential Oil Lotion, Music

\$400 PER PRACTITIONER/ HOUR

Zen Den

Find your Zen with our Zen Den meditation experience, offering a peaceful retreat where you can move in and out freely, whether you need a quick 10-minute 'brain break' or a full hour of relaxation. Equipped with headsets featuring pre-loaded guided meditations, binaural beats, and soothing sounds, this experience is the perfect way to recharge. It's also ideal for enhancing your massage session, providing a calming atmosphere to help you fully unwind.

Length: up to 8 hours

Min/Max: TBD on Lounge Seating

Inclusions: 10 Headsets, Transmitter, iPad, Diffusers & Essential Oils, Mandala Coloring Books & Pencils/Markers



\$3,500 UP TO 8 HOURS+ SHIPPING

Relax & Restore

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

Length: 10-20 minutes per attendee

Min/Max: 3 hour minimum

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



\$15,000 FOR 4 STATIONS FOR 2 HOURS

TEAM BUILDING



Kayaking

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

Length: 90 minutes

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

Inclusions: Guides & Instruction, All Equipment

\$150 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: Guides (1 per 15 attendees)

\$125 PER PERSON + PERMIT



e-Bike Tour

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

Length: 2+ hours

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

Inclusions: Guides, Bikes & Helmets

\$175 PER PERSON FROM BIKE SHOP
\$200 PER PERSON W/ DELIVERY TO HOTEL



e-Bikes & Bites

Join our eBikes and Bites tour! Discover hidden gems, savor local healthy food and drinks, and pedal through scenic city views. Suitable for all fitness levels. Burn calories while indulging in delicious bites - one stop for food and another for a non-alcoholic beverage.

Length: 2+ hours

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

Inclusions: Guides, Location Sourcing, Bikes & Helmets

\$250 PER PERSON



Surfing

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

Length: 90 minutes

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

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

\$175 PER PERSON



Standup Paddle Board

Reinvent your typical "Board Meeting" by stepping out of your building/office. Our creative approach to team building will enhance employee communication and teamwork in a relaxed atmosphere. This 90-minute tour on a board in either the ocean or calming lake waters will create lasting memories for all.

Length: 90 minutes

Min/Max: 25 minimum, no max

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

\$150 PER PERSON



Pickleball

This unique 2-hr event brings pros of the fastest growing sport, pickleball, to you or a nearby court. Enjoy hands on training and friendly competition at an event that is fun for all levels. The first hour goes over the drills and skills and the second hour ends in round-robin winners with prizes.

Length: 2 hours

Min/Max: 20 minimum, no maximum

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

\$175 PER PERSON



Beach Volleyball

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

Length: 90-120 minutes

Min/Max: 25 minimum, no maximum

Inclusions: Instructors, Ball, Nets, Music & Speaker

\$175 PER PERSON



The Ultimate Beach Day

Get everyone involved in friendly competition games like Bocce Ball, Corn hole, Ladder ball, Spike ball, and more. Perfect for all abilities, these games will challenge teams to work together in this 2-hr team bonding session run by Fit City Captains. Groups are split up into teams. The winners receive prizes. For added enjoyment, consider adding on options like Beach Cleanup, Food Truck or Bonfire.

Length: 2 hours

Min/Max: 25 minimum, no maximum

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

\$150 PER PERSON

Sand Castle Battle

This dynamic beach contest brings teams together through collaborative challenges that emphasize problem-solving, communication, and leadership. Compete in fun and engaging activities to earn supplies and accumulate points, which will help you build impressive sand castles. The team with the most creative and well-constructed castle will win exciting prizes!

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: Emcee, Sand Castle Supplies, Music & Speaker

\$150 PER PERSON



Fit Quest Scavenger Hunt

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

Length: 2 hours

Min/Max: 25 minimum, no maximum

Inclusions: Hunt Planning, Custom Clues, Music & Speaker

\$150 PER PERSON



Field Day

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

Length: 2 hours

Min/Max: 25 minimum, no maximum

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

\$150 PER PERSON



Improv

This engaging team-building session focuses on improv exercises that push participants outside their comfort zones, encouraging creativity and collaboration. Through acting out skits and spontaneous scenarios, teams will bond, boost their confidence, and have plenty of laughs along the way. It's a fun and dynamic way to improve communication and teamwork while stepping into the unexpected!

Length: up to 2 hours

Inclusions: Improv Instructors, Music & Speaker

\$7,500 FOR UP TO 2 HOURS



Minute 2 Win It

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

Length: 90 min

Min/Max: 25 minimum, no maximum

Inclusions: Emcee, All Games, Supplies & Prizes

\$125 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. 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: Graffiti Artists, Canvas Murals, Protective Painting Materials, Artist Quality Spray Paint



\$150 PER PERSON

Silent Disco Dance Party

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

Length: 3+ hours

Inclusions: DJ, Basic DJ equipment, Headsets & Transmitters with 3 channels

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



Music Madness

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

Length: 2 hours

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

\$7,500



Paint Party

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

Length: 90 min

Min/Max: 25 minimum, no maximum

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

\$150 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: Emcees, Music, & Speaker(s), Prizes, All Supplies & Non-perishable Food Ingredients

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



Sushi Roll Challenge

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

Length: 90 minutes

Min/Max: 25 minimum, no maximum

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

\$175 PER PERSON

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

\$150 PER PERSON





COMMUNITY SERVICE



Beach Cleanup

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

Length: 60 minutes

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

\$3,500 + \$500 DONATION



Hike & Help The Planet

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

Length: 90 minutes

Min/Max: 25 minimum, no maximum

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

\$140 PER PERSON



Pet Care Kits

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

Length: 90 minutes

Min/Max: 25 minimum, no maximum

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

\$100 PER PERSON AND \$60 PER KIT

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



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

\$100 PER PERSON AND \$60 PER KIT

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

Super Hero Kits

Join us as we give out Superhero Care Kits to every child in foster care that will remind them how amazing they are. This includes capes, shields and masks that will be delivered to hospitals and kids camps. Super Hero Supplies including materials to make a cape for a kid in need, a custom note, toys and games.

Length: 1.5 hours

Min/Max: 25 minimum, no maximum

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

\$100 PER PERSON AND \$60 PER KIT

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



Onsite Mural Painting

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: Up to 4 hours

Min/Max: 25 minimum, no maximum

Inclusions: Instructors, Paint-by-Number Mural Panels, All Paint Materials, Protective Painting Materials

\$7,500 ON A FLOW FOR UP TO 4 HOURS

Offsite 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: no minimum, up to 50

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

\$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: no minimum, up to 50

Inclusions: Coordination with Pet Shelter, One (1) 6 ft Pen and 5 to 10 puppies, Adoption Information

\$2,500 + \$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: 75 minutes

Min/Max: no minimum, up to 50

Inclusions: Coordination with Pet Shelter, One (1) 6 ft Pen and 5 to 10 puppies, Adoption Information, Equipment including Mats

\$2,500 + \$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: Instructor, Supplies, Music & Speaker, Coordination & Drop-Off with Charity

\$125 PER PERSON + \$60 IN FOOD DONATIONS



Skateboardz 4 Kidz

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

Length: 90 min

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

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

\$125 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. team building challenges to win supplies

Length: 90 min

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

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

\$125 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 Training 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



Angela Minardi

Corporate Wellness Expert

As a wellness and adventure junkie, Angela founded Fit City Adventures after traveling to 20 countries and working at major health orgs like CVS Health, Google, Kaiser Permanente, and the American Heart Association. She's passionate about providing white-glove wellness through healthy team building and corporate events. Angela is a corporate wellness expert and focuses on bringing healthy options to the events and hospitality industry. Her interactive sessions include "Say No to Stress with mind, body, breath and Gratitude, Goals & Vision" as well as the Top 5 Wellness Event Trends.



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, a former X-Games medalist and US snowboard team member, is now a CEO and creative director with 20+ years of brand-building experience, collaborating with top brands like Burton, Nike, and Pepsi.

Today, he shares insights on the athlete's mindset and tips to boost energy, passion, and focus.



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, essential oils and connectic sand. director of america stress institute.



Murray 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. We take Murray's music beyond the stage—into hikes through headphones and even underwater in aqua sound baths, creating a truly immersive experience.



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.

