



**CORPORATE
TEAMBUILDING & WELLNESS**

PROGRAM GUIDE

Keep your Crew & Culture Strong

As your **team building and wellness concierge**, we are here to support you and engage your crew.

We have over **100 programs** ranging from meditation to magic shows and cooking to coaching assessments that will fit your vibe and event.

As an extension of your team, we **personalize to your needs**.

We have the **perfect mix of virtual and in-person** options to keep your team connected and have some fun!



The Remote Work Realities

An ongoing team building program creates happy, healthy employees, and it improves your bottom line.

The New York Times

60% of people report **that benefits and perks** are a major factor in considering **whether to accept a job offer**

Highly engaged teams show **21% greater productivity**

Inc.

73% of people are **worried about going back** to the office

One half of HR Directors surveyed state **boosting employee morale** as top concern

According to a recent Microsoft survey, 40% of people are considering quitting their job in the next 12 months. The time is NOW to support and engage teams.

Our Expertise

Boost

Productivity
Recruitment
Engagement
Retention

Save

Time
Rehiring costs
Vendor mgmt
Your sanity



TEAMBUILDING
Connect your teams



WELLNESS LIFESTYLE
Keep them healthy



LEADERSHIP AND DEVELOPMENT
Grow their skills



CONFERENCE SERVICES
Enhance their session

Trusted by:



PARK HYATT®



SAN DIEGO
INTERNATIONAL AIRPORT
LET'S GO.



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





Virtual Team Building



Virtual Team Building

CONNECT

Game Shows

60-90 min



Teams compete in fun games hosted by professional emcees

- Minute 2 Win It
- Home Scavenger Hunt
- Amazing Virtual Race
- Escape Room
- Cocktail Trivia

\$50 per person

Musical Power Hour

60 min



Teams sing and play along in this musical dueling piano performance

- Song requests
- Create a team anthem
- Name that Tune
- Finish the Lyrics
- Scavenger hunt

\$3500

Virtual Team Building

LEARN

Craft Drink Class

30-45 min



Craft your very own high-end organic cocktail or learn the coffee barista tricks

- Cocktail / Mocktails
- Wine & Champagne
- Iced Coffee Concoctions
- Kombucha & Teas

\$75 - \$150 per person

Cook with the Chef

30 min



Go inside the Executive kitchen and learn their amazing recipes from the hottest restaurants

- Sushi Roll Session
- Chocolate Tasting with Chuao
- CaliMex Style
- Healthy Pizza Party

\$100 - \$175 per person

KITCHENS
FOR GOOD

Virtual Team Building

ENTERTAIN

Magic

30-45-60 min



This virtual magic show by our talented musician will leave your team amazed!

- Illusions & close-up magic
- Mind reading
- Comedy and group interaction

\$4000 - \$5000

Comedy

30-60 min



Bring stand-up to your clients or team with a virtual show. As seen on:

- Comedy Central
- Last Comic Standing
- The Today Show

\$3200 - \$4000

Paint Party 60 min



Step-by-step class by a professional artist complete with a cool painting!

- Choose from over 10 themes
- Paint your company logo/product
- Ship the kit, snacks & drinks

\$100 - \$150 per person

Craft Corner 60-90 min



Spark joy and build fun projects for the home and learn new skills

- Home decorations / furnishings
- Organic bath bombs & candles
- Herb garden / flower arranging

\$100 - \$150 per person

A woman with long brown hair, wearing a light-colored striped shirt and white headphones, is smiling and looking to the right. She is standing at a white desk in a modern, brightly lit room. On the desk, there is a silver laptop, a white desk lamp, and a white container holding pens. In the background, there is a large window with a view of a city at night, and a kitchen area with white cabinets and a wooden countertop. The overall atmosphere is calm and productive.

Wellness Lifestyle

Mindfulness

30-45 min



Get tips and tricks on calming the mind and reconnecting the body to reduce stress

- Say No to Stress stretch & sound bath
- Tai Chi Class
- Mental Health Lunch & Learns

\$1000 in Wellness 4-Pack

Mood & Motivation

60-90 min



These sessions help set goals, learn life hacks and boost energy & mood

- Successful Start Routine
- Gratitude, Goals, & Vision
- Getting in the Creative Flow

\$1000 in Wellness 4-Pack

Personalized Nutrition

60 min



Learn the how-tos of food combining, food as a medicine and your best diet

- Seasonal Super Foods
- Gut Health / Detox
- Blue Zone & regional diets

\$1000 in Wellness 4-Pack

Fitness Challenges

45-60 min



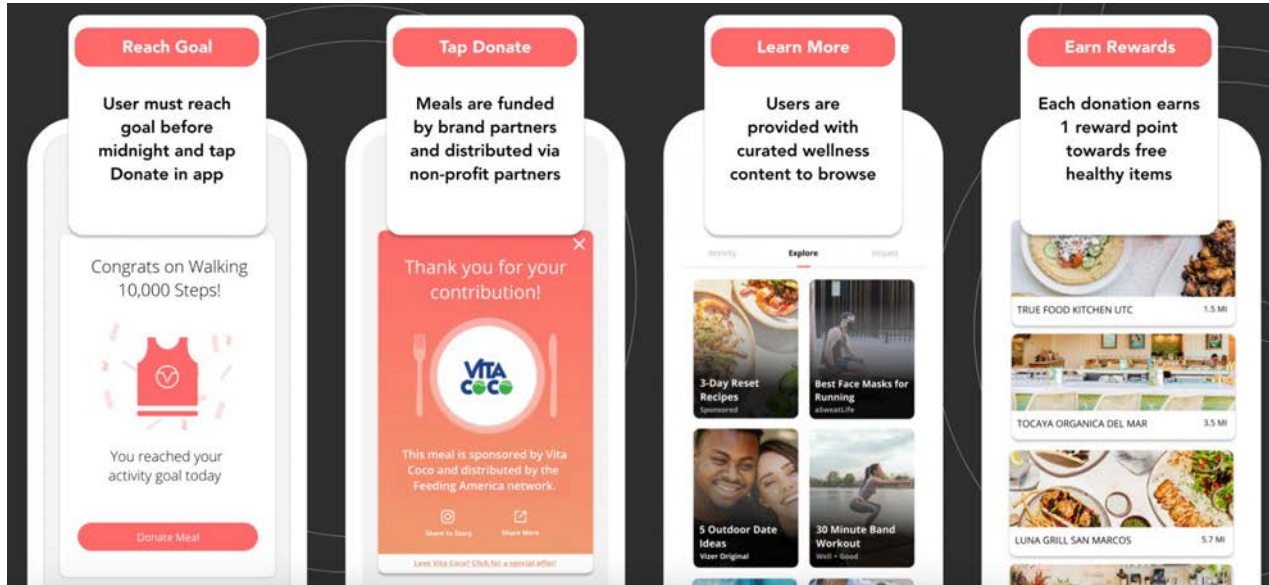
Host a fitness class or challenge to get the sweat & live music pumping!

- Cardio Hip Hop with live DJ
- Bootcamps: Boxing, Barre or Bands
- Hiking or Fitness Team Challenge

\$1000 in Wellness 4-Pack

Fitness for Food Banks

CHALLENGE



Through an app that syncs with wearable devices, track daily workouts and steps and donate a meal to 200+ local food banks across the US.

The best part? Hit three donations and start to receive rewards for healthy food and wellness services near you!

Ask us about the 30-day challenge.



Ergonomics

45-60 min



Set up your ergonomic workstation and get exercises to keep the blood flowing

- Ergonomic training
- Product essentials
- Stretches to avoid “tech neck”, carpal tunnel and low back pain

\$1000 in Wellness 4-Pack

Office & Home Feng Shui

45-60 min



Reorganize, declutter and set up your home office to maximize the space

- Learn about lighting and colors
- Orient the space for productivity
- Create multi-purpose rooms and multi-use storage

\$1000 in Wellness 4-Pack

Add a Kit!

REFRESH

Welcome Back Wellness Box



Welcome them back to the office with a custom wellness kit including:

- Air plant
- Ergonomics Tips & Stretches
- Relaxing lavender essential oil
- Water bottle
- Candle & custom message

\$80-\$100 including shipping

Gift Boxes



Perfect for birthdays, anniversaries, life celebrations and just because

- Healthy Snacks & drinkware
- Choose from 3 different boxes
- Option to customize and brand
- Donation with each kit

\$85-\$200 including shipping

Leadership & Development



Improv & Play 60-90 min



Learn the “yes and” skills from improv pros that build strong cohesive teams!

- Improv games and exercises
- Creativity - drawing & storytelling
- Play-based learning & listening

\$2500-\$5000

Team-Based Trainings 90-180 min



Take interactive assessments and trainings to uplevel today’s leaders

- CompassionIt
- StrengthFinder
- Building courageous leaders

\$3000-\$6000

Motivational Speakers

30-60 min



Hear from those that lived through adversity sharing an inspirational message

- The Power of Interdependence
- Leading through Change
- The Power of Kindness

\$2500+

Pro & Olympic Athletes

30-60 min



Get behind the scenes access to top athletes, US Olympians and US Special Forces

- Elite mindset & goal setting
- Daily recipes and training tips
- Leading through stress & inclusion

\$2500+



In-Person Team Building



Full Menu of Services: Activities At Your Office or a Nearby Location



Leisure

Yoga
Meditation / Breathwork
Relax & Restore + Om Experience
Corporate Stretching / Stretch Lab
Mermaid Cardio Core
Sound Bath - Zen Den
Golf
Reiki
Acupuncture & Reflexology
Massage
Wellness screenings (vision, BMI, skin)
Ergonomics & Feng Shui
Tai Chi / Qi Gong
Cooking challenges
Farm to Table Dining Experiences
Self Care Workshops



Active

Beach volleyball & Bonfire
Pickle Ball & Tennis Tournaments
Field Day / Beach Olympics
Dance Cardio & Hip Hop
Aqua fitness, box, dance and trampoline
Watersports
Boxing & Jiu Jitsu
e-bikes & Hydrobikes
Bootcamps & HIIT
Run club
Fit City Foodie Run
Skateboarding & Roller skating
Bubble Ball soccer
Human velcro dodgeball
Ninja Warrior
Fit Quest



Adventure

Road cycling & mountain biking
Hiking
Ocean kayak
Surf & Turf
Swimming
Snorkeling
Sailboat racing
ATVing
Jetskiing and Flyboarding
Paragliding
Rock climbing
Rugby 101
Live Like a Pro athlete series
Train Like a Vet
BMW Race Experience in Thermal, CA

Sunrise & Sunset Hikes

PLAY



Stroll the scenic trails of your area with the REI Outdoor School, that gives back 70% to the local community and guides provide information on the area, environment and animals.

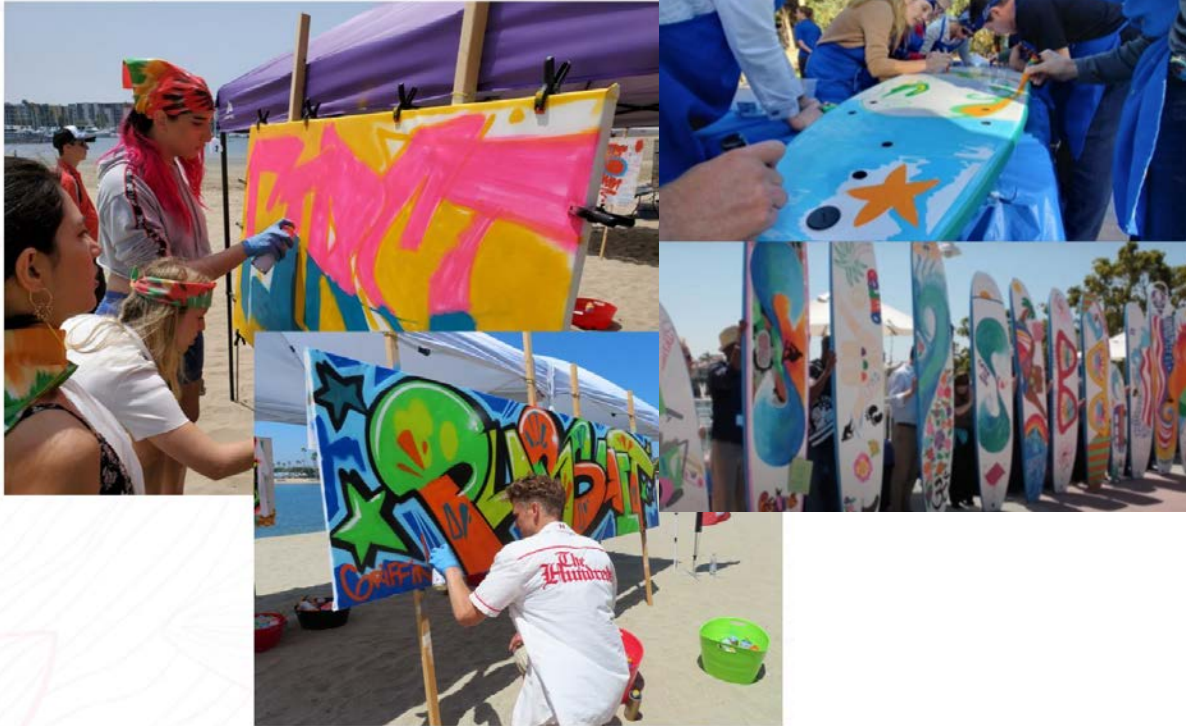
We offer a 30-day hiking challenge with REI with resource links and even a \$200 REI prize pack. Select 5 peaks near you and run the challenge through social media.

\$75 per person



Team Graffiti & Surfboard Challenges

PLAY



Graffiti Team Building will 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.

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!

\$5000 including donated items

FITQuest Scavenger Hunt

PLAY



Teams compete while adventuring around the city! Each team will have a set of physical & mental challenges to complete using our app. What do those challenges involve? Complete these photo missions with your team. Think Amazing Race meets a fitness-based scavenger hunt.

\$100 per person

25 person minimum

Fit City Field Day



PLAY

Get everyone involved in friendly competition games like Giant Jenga 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. Groups are split up into teams by color.

Give back to the community by adding in a donation or local component by inviting groups like the Challenged Athlete Foundation or Boys & Girls Club to take part in the games too.

\$100 per person
25 person minimum

Surf & Turf

PLAY



Hit the shore for a water + beach day your team will never forget. Pair one water activity with one beach activity and a bonfire. We can add in the beach clean up.

Roll out the food trucks and kombucha trucks for a full-staff quarterly fun day. Set up teams and we'll set up the scoreboard. Prizes include Blenders sunglasses and local brands plus bragging rights.

Water: Surf, SUP, Snorkel, Boogie, or Kayak

Land: Volleyball, Beach Games, Beach Tennis or Fit City Field Day team olympics

\$100 per person
25 person minimum



Everyday is an Adventure

PLAY



Hit the coast on a sea kayak tour. Ride in a tandem kayak into the cave in La Jolla Shores. See seals and share smiles. Rental snorkels and boards available for 50% off and discounts on apparel in the store.

Pair this up with surfing, SUP lessons and volleyball, beach games or team olympics on the beach for an event the crew will never forget!

End the night with a beach clean up and bonfire for families.

We have many locations in select US markets for a kayaking activity.

\$75 per person



Fit Beach Day



PLAY

Spike ball, Cross Net, Corn hole and more. This round-robin team game event gets everyone involved and ends in winners and prizes by local brands like Blenders sunglasses.

For the optimal experience, add a beach clean up and bonfire at sunset, with all of the s'more fixings! This is an unforgettable experience perfect for all levels and the true experience on the beach.

\$100 per person
25 person minimum

VIP Day



TaylorMade®

**BMW
Performance
Driving School**

PLAY

Take your executives and clients out for a fun VIP day at Taylormade's The Kingdom or BMW's Race Track.

Hit the course where the pros play and try out the swing simulators from the best in golf. They can even leave with some new swag and custom clubs too!

Transportation is provided to the BMW performance track in Thermal, CA for a half-day of racing the latest Mseries vehicles on different courses and even a hot lap with a pro driver!

\$500+ per person



Volleyball & Pickle Like a Pro

PLAY



Crown the kings and queens of the court with this fast-paced team event and play with the pros!

Learn the skills of the fastest growing sport or hit the sandy courts to bump, set and spike with the beaches best in this two-hour event complete with prizes, swag and lots of laughs for your entire crew.

\$150 per person

Skate Like a Pro



PLAY

Learn how to skate with custom skateboards by the pros at Elenex and even create your own custom skateboard to donate to a community group or charity. This unique team building event is fun for all ages and abilities!

\$150 per person

Train Like a Vet

SWEAT



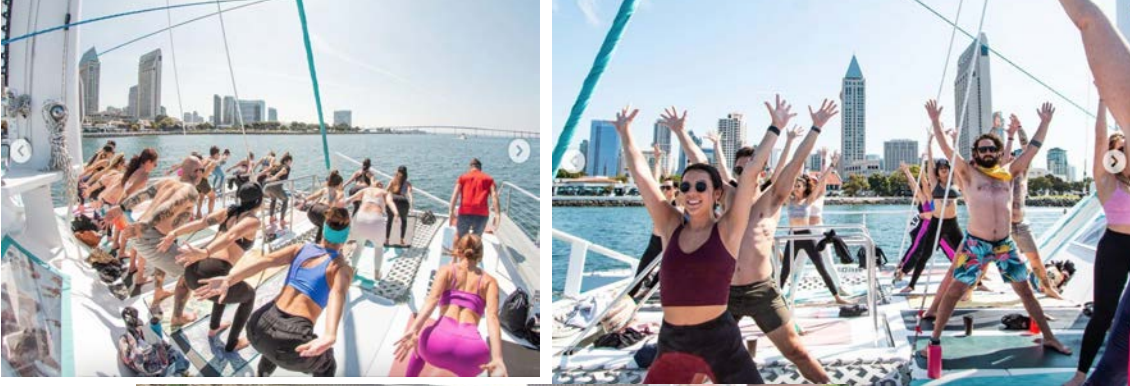
Workout in a park or beach with US Olympian and Special Combat Veteran, Mike Hazle and learn tips on mindset and determination that he took to get him to his elite status.

This workout can be a park workout or a full body bootcamp in the sand and water. Mike is a motivational speaker and in amazing shape - he will push your team to the limit and back!

\$1500

Bootcamps on Land and Sea

SWEAT



Our bootcamps range from bodyweight to boxing and can be combined with head sets, especially during the rise n' shine class where we may want to keep the music levels low.

This class is also great as a Healthy Happy Hour on land or sea! Take the class to the Bay and Harbor on a private chartered cruise. . Classes include:

- Cardio Hip Hop
- Bodyweight Bootcamp
- Boxing on the Boat
- Rock the Boat Bootcamp
- Sculpt at Sea

TBD boat fee. Class \$1500



EBike the Coast / Your City

SWEAT



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

\$150 per person

Mermaid Cardio (& Mimosas)

SWEAT



Jump in the pool for this unique aqua aerobics class in full mermaid tails. This cardio & core workout takes place in pools at your hotel resort.

The hour-long class can be combined with mimosas and brunch in your private cabanas for a special birthday, bachelorette, bridal or VIP party.

\$1500 for up to 10



AquaFit Classes



SWEAT

Dive in and join us for the ultimate pool party. This high-energy, low impact water fit class will have you moving and grooving to your favorite dance party mix challenging your cardio and toning your muscles.

The aqua combat workouts include trampoline, dance, box and paddle fit - all super unique and can be done in any hotel, gym or private pool with a shallow end!

\$1500



The Om Experience

RESET



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.

For the optimal experience, relax on the mat and listen to the healing power and vibration of crystal bowls, chimes, harps and gongs.



Level up the experience at sunrise or sunset with head sets a la silent disco style. Fast-paced sculpt yoga is paired with glow-in-the-dark bands for a sweaty sunset sesh.

\$1500+



Relax & Restore

RESET



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

Each station will relax attendees for 5-10 min each. For the optimal experience, add a juice by with local juicery to hydrate with organic tea and tonics after or while waiting for the massage.



\$100+ per person
25 person minimum



Tea, Tonic & Truffles



RESET

During this workshop, choose from tea, botanical tonics or truffle making with your group.

We learn the benefits of different everyday herbs and superfoods to help restore the body to its natural balance through a healthy beverage or treat. Together we will make an Anti Inflammatory Wellness Shot as well as a Seasonal Cocktail, personalized tea and high-antioxidant dessert.

You can't go wrong with any of these options - and we can run this virtually as well!

\$150 per person



Wellness Retreat Itinerary

RESET



Immerse your team in a full wellness retreat experience from sound baths and yoga to truffle making and massage, this half-day or full-day session gives your team all the self-care they need to leave rejuvenated and refreshed.

Combine team experiences like cooking class, tea blending, botanical drinks, truffle making, yoga and even a CBD sound bath along with 1 on 1 sessions like massage and acupuncture to lift moods and improve health as a nice thank you to your team or clients. This can be done on site or at the wellness spa in Little Italy, San Diego.



Farmer's Table

RESET



We bring farm-fresh to you! From our intimate dinners at local farms where your team picks the food you eat to bringing food trucks on site and hosting cooking challenges, we have all of the local, organic fare for your crew!

Add on a gardening activity in the local community for families to access as part of your CSR project.

- Farm to Table Celebration Dinners @ local farms
- Food Trucks On Site
- Fit City Foodie Run
- Cooking Challenge





Conference Services

In-Meeting Experiences

30-60-90 min



Mix up the meeting with conference brain breaks or interactive “healthy hours”

- Live & on-demand attendee sessions
- Conference gift bag items
- VIP pre-event sessions e.g. wine

Branded Experiences & Gifts

30-60-90 min



Spark joy and build fun projects for the home and learn new skills

- Branded experiences
- Celebrity meet & greets
- VIP branded swag and direct ship

Video Production

60 min



Full-service production that is customized to your company and brand

- Video production from concept to final edit for on-demand sessions
- Studio rental and talent coordination
- Professional photography

Hosting & Event Planning

60-90 min



Virtual and on-site event planning services from concept to logistics

- Emcee & hosting
- Speaker prep, scripting & directing
- Event logistics & tech support



Premium Packages

Premium Packages

Key Benefits

Take advantage of our **2021/2022 premium packages***, perfect if you'll be planning more than one event. Choose from a variety of team building and wellness events and receive a package deal.

**Valid from 10/1 of November when rates increase for 2022*



- ★ Select and lock in prime dates and popular events
- ★ Customized concierge service with dedicated account manager
- ★ Discounted rates and budget planning for the quarter or year
- ★ Partner perks like branded marketing and event polls / surveys
- ★ **Special Bonus!** Corporate gifting program for birthdays, corporate anniversaries, milestones and life celebrations

Premium Packages

Available for a limited time only!

STEP 1 - Choose one timeframe

4 Events

6 Events

12 Events

STEP 2 - Choose one guest count e.g.

50

75

100

STEP 3 - Choose events from our menu of services

STEP 4 - Sign contract and select payment plan

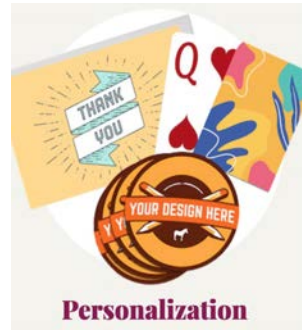
STEP 5 - Attend the kickoff meeting to start planning!

*Packages start at \$10,000 (\$2500/event)

Corporate Gifting

A Premium Partner Benefit

With our corporate gifting partners, you can gift everyone a welcome back or holiday gift, or set it and forget it and set up ongoing programs for birthdays, anniversaries, life celebrations and more!



Premium Packages

Sample Calendar

July	August	September	October	November	December
Dueling Piano Team Anthem	Paint your Pet	Fit City Field Day / Beach Games	Amazing Cyber Race	Fitness for Food banks Challenge	Magic Show
Say No to Stress	Office Feng Shui	Food for your Mood	Pumpkin Succulents	Ergonomics & Tai Chi	Healthy Holiday Dessert
Iced Coffee Class	Herb Garden Class	Cardio Hip Hop routine	Wine & Music Pairing	Comedy & Cocktail Hour	Military or Boxing Bootcamp

Premium Packages FAQ

- 1. Can we add attendees?**
 - a. Of course! We would simply provide a per person price and invoice prior to the event
- 2. Can we upgrade our package?**
 - a. You can upgrade within the first two months of your package
- 3. How far in advance do we pick the dates?**
 - a. You choose dates 4-6 weeks prior to the event to receive preferred dates and times.
- 4. What if we want to change the event or shift the date?**
 - a. We will do our best to accommodate! As long as we have enough notice, we will not charge an extra fee.
- 5. How and when do we pay?**
 - a. You can select a payment plan to pay up front for a discount or as you go two months in advance of the event date and invoiced every month thereafter.
- 6. How does Corporate Gifting work?**
 - a. We have packages that ship for employee awards, life events, anniversaries, etc. Ask us!
- 7. Can our marketing team review the branding?**
 - a. Of course! You should include them in the kickoff as we'll be gathering your logo etc.
- 8. Do we get refunded if we have low attendance?**
 - a. No, but you can roll unused headcount into the next event. We allow that 2x/package.

Client Testimonials

"It was easy to set up and nice to have an outside party plan instead of always the HR or event planning team. Fit City was very responsive and flexible to our needs."

- Kortx.io



"Fit City makes Zoom FUN! In 2020 most people are burned out on Zoom but the past two events we have done have really brought our employees together to connect. Both events with over 1,000 attendees each have exceeded my expectations and were not something I could have pulled off on my own."

- Dexcom



"They took care of the event. We barely had to lift a finger. Also really enjoyed their energy at the event - definitely made everyone more energetic and want to participate."

- OneTrust Home Loans



Let's Get Started!

We can't wait to meet you and create a personalized team building program with you.

Schedule a 30-min intro call at [the link here.](#)

We'll plan out your year and get events set up for you!

Fit wishes,

Angela Minardi
Chief Experience Officer

