



WHAT IS

# Texas Wellness ?

Wherever you are in the world, you may have a different definition of what it means to be “well.”

Maybe it’s going to spin class once a week and drinking black coffee.

Or you might think green juice and a zumba class is the key to happiness.

For some it means getting outside. Or maybe it’s about connecting with others.

Texas has its own definition of wellness: it’s a combination of getting outside, building strength, working up a sweat, being with others, and, of course, occasionally keeping it a little alternative - especially in Austin.

At *Swift Fit Events*,  
we invite you and your team to experience  
wellness, Texas Style.

Run a 5K through a new city, try your downward dog on a paddleboard, lift some kettlebells, or experience a guided meditation: however you define wellness, Texas has something for you to experience with your team.



# OFFERINGS

We provide curated fitness and wellness programs that strengthen, replenish, and enliven teams. Our experiences are designed to elevate your company; reducing health risks, maintaining resilience through challenging times, and supporting an all-around productive work environment. All of our events are led by the highest-quality instructors, incorporating Texas culture to create a wellness experience that you can't get anywhere else.

**Ask us about gifting! Show your appreciation with customizable wellness boxes.  
Try our virtual class options for hybrid events!**

## ONSITE + OFFSITE

All activites can be provided onsite at the event venue

## ONE-STOP

Book all of your activities through one reliable company

## LOCAL EXPERIENCE

Enjoy a unique Texan fitness experience

### RUNNING

- Fun Run/Walk
- Race
- Tours

### WELLNESS

- Classes
- Experiences
- Keep Austin Weird

### FITNESS

- Classes
- Experiences
- Gamify



TEXAS WELLNESS



## FUN RUN/WALK

We have the remedy for stagnant run routes with an easy 5K for all levels! This is a fun, casual option for all levels, where simplicity is bliss!

**Add ons:**

Route Creation, Signage, Staging, Insurance/Waivers, Lead & Trail Runner, Permitting, Emcee, Run of Show, Trail Audit, Garbage Removal

## RACE

If you're looking to level-up your run with all the bells and whistles, we have this elevated option where you can deck your event out with all of the amenities!

**Add ons:**

Photography/Videography, Start/Finish Line Truss, Hydration, Refreshments, EMT, Awards/Medals, Timing Chips, Course Maps, Race Clock, Apparel, Bibs, Registration Management, Event DJ, Race Announcer, Portable Toilets



## TOURS

Get some exercise while exploring the capitol city! Build your own customized experience or choose from any one of our guided excursions. Tours move at a casual pace, allowing for photo opps.

**Tours:**

Austin Music, Congress Ave, Bats and Haunts, University of Texas, East Side Brewery & Historic Downtown

**Add ons:**

Photography/Videography, Course Maps, Shirts and Apparel, Graphic Design, Beverages





## CLASSES

Wellness classes work to cultivate a deeper mind-body awareness for each participant. Low impact, physical movement encourages balance, inner peace, clarity, and increased mental well-being.

Appropriate for all levels from beginner to advanced.

### **Yoga | Slow & Power Flow, Vinyasa, Restorative, & Yin**

Yoga can be customized to fit the client's vision, time schedule and setting

### **Healing: Sound Bath, Reiki**

Sound healing can be integrated into yoga or breathwork practices

### **Meditation: Guided Breathwork (Pranayama) Transcendental, Mantra**

Meditation themes include but are not limited to: stress relief, clarity, balance and motivation

### **Mindful Movement: Kundalini, Tai Chi**

Alternative mindful disciplines

## KEEP AUSTIN WEIRD

These aren't your typical wellness offerings! Opportunities to enhance and inspire at your event with unique DIY booths and activities that let participants take a little bit of Austin home with them. Explore our replenishing amenities that allow your attendees to show up with their best selves.



### **Recovery & Recharge:**

Massage, IV Recovery, B12 Shots, Oxygen Therapy

### **New Age:**

Tarot Reading, DIY Essential Oils, DIY Crystal Grid, DIY Tea Bag, Astrology Readings & Aura Photography



## EXPERIENCES

We offer 2-3 hour wellness experiences that allow groups to immerse themselves in mindful activities. These can either take place onsite or in unique offsite settings.

Our experiences are meant to go beyond the typical 60 minute class and offer groups a chance to communicate, bond, and elevate their mindfulness through more dynamic activities.

### **The Perfect Morning:**

Start your morning blissfully with an outdoor guided meditation. Then recharge your batteries at Austin's most spiritually sacred destination.

### **Abundance Fire Ceremony:**

Challenge limitations and achieve clarity through a ceremony designed to silence self-doubt and open oneself to abundance.

### **Heal, Revive, Thrive:**

Restore and revitalize by breaking the cycle of work stress and device addiction.

### **Art, Yoga and Wine:**

Enjoy yoga, painting, and a glass of wine in one of Austin's popular sculpture gardens.

### **Seminars/Workshops:**

These inspiring professionally-led sessions are designed to promote transformational growth.

### **Themes include:**

Mental Health, Wellness at Work, Nutrition, Professional Development, & Team Building





## CLASSES

Our full-body workouts, led by Austin's elite, improve mood and mental health while strengthening.

**Offerings:**

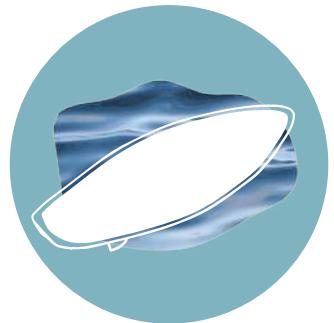
Kickboxing, HIIT/ Strength Training, Kettlebells, DanceFit, Bootcamp, Functional Movement, Pilates

## EXCURSIONS

Break out of the box with an expedition fit for an Austin local! Incorporate fun and the great outdoors, work up a sweat, and let us lead you to the best spots in town.

**Experiences:**

Run to 'Cue, Biking Adventure, SUP Yoga & Chill, Lady Bird Kayaking



## GAMIFY

Motivate your group with competitive programming! Choose from individual or team gaming options, complete with icebreakers and activities that boost camaraderie in a unique way!

**Group options:**

Field Day, Mini Olympics, City Scavenger Hunt, Virtual Challenges

