



FITNESS AND WELLNESS ACTIVITIES FOR CONFERENCES AND CORPORATE EVENTS

ONE-STOP

All of your fitness and wellness event programming needs in one place.

UNIQUE

Customizable activities to match client's comfortability.

LOCAL EXPERIENCES

Incorporating city culture, landmarks and history.

FITNESS

5K FUN RUNS & WALKS

Create an official timed race or your event, or keep it casual with a fun run/walk.

GROUP FITNESS CLASSES

Bootcamps, Cycling, HIIT, Kickboxing, Kettlebells, Pilates, Functional Movement, Dancefit, Rowing, SUP.

GAMIFY EXERCISE

Stir up some friendly competition with a *mini- Olympics, Scavenger Hunt, and other team building activities.*

WELLNESS

YOGA, MEDITATION & SOUND BATHS

Alleviate stress through movement, mindfulness and sound healing.

KEEP AUSTIN WEIRD

Channel your inner hippie with *tarot reading, crystal consultation, tea blending, essential oil mixing, or an astrology reading.*

SWIFT RECHARGE STATION

A designated calm space for *guided meditations, sound healing, reiki, massage therapy, hydration IVs, B12 shots and nutritional amenities.*

EXPERIENCES

TEAM WORKSHOPS

Educational and inter-active sessions that focus on *goal setting, listening/empathy, achieving work balance and more.*

GUIDED TOURS

Explore the city's landmarks and hidden gems on foot or on bike. Tour themes include: *Breweries, Downtown Historic, Music, Haunted/Bats, UT, Graffiti Art, and Nature.*

EXCURSIONS

Experience the city's natural beauty while engaging in immersive wellness activities that go beyond your average tour.

*Add a personalized wellness box or amenity pack for each of your attendees to indulge in. <https://www.swiftfitevents.com/gifting>