

Small & Large **GROUP PACKAGES**

available:

TEAM BUILDING ACTIVITIES

Challenge your team together to accomplish a series of cardio and strength exercises

\$10 - \$15 per person

SUNRISE/EVENING YOGA

50 minute Yoga sessions to stretch your body and relax your mind

\$110+ depending on group size

BREAKOUT STRETCHING SESSIONS

Rejuvenate your team and conference goes with 15min of awaking stretches and warm up techniques

\$110+ depending on group size

BOOT CAMP

50 minute outdoor training sessions utilizing: body weight exercise, plyometrics and cardio intervals to challenge total body fitness

\$10 - \$15 per person

CITY TOUR GROUP WALK/RUN

Explore downtown DC while keeping in shape. One hour walk/run incorporating a variety of exercises while seeing the many sights the city has to offer.

\$10 - \$15 per person

CHAIR MASSAGE

Chair massage is a great way to rejuvenate tired conference attendees from long days and travel time.

\$95 per hour

VIDA Fitness

is complimentary to all in-house groups.

Complimentary amenities include:

- 10,000 sq. feet of state of the art cardio & strength training equipment
- Luxurious Locker rooms
- Steam room / Sauna
- Endless Pool
- Tanning *\$9/session*



VIDATM
■ ■ ■ **FITNESS**