



City Fit Tours NYC offers the most exciting way to incorporate health and wellness activities into your event and delivers the most memorable New York City experience at the same time!



# WHO WE ARE

**City Fit Tours-NYC** is a specialized tour company that combines sightseeing with exercise to deliver the “**Ultimate New York Fitness experience!**” With over 25 years of combined experience, we sit at the forefront of wellness travel and experiential tourism. Our team is made up of fun, intelligent and energetic fitness professionals and enthusiasts who share their love of New York City with visitors from around the world. We want all guests to feel welcome, comfortable and safe as they keep fit and healthy while enjoying an authentic, local experience, and the memory of a lifetime!

Join us to **Sweat & Sightsee** in our amazing city, and remember, **If the views don't take your breath away, the workout certainly will!!**

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# HOW IT WORKS

- Private groups from 10 people (minimum) to 150 people (maximum)
- Please submit a form with projected date(s), time(s), requested wellness/fitness experience and number of attendees for your group. <https://www.cityrunningtours.com/nycortintakeform>
- Meeting locations are predetermined based on where the event occurs. Each tour ends where it begins in order to simplify directions.
- The morning (or evening) of the event, our team will be waiting to greet and help with check-in at the tour starting point. Once checked in, guests are directed to their respective tour guides and off we go!
- We require all participants to pre-sign our electronic waiver in order to avoid on-site delays.



# CENTRAL PARK TOURS

## 5K Fun Run

**Our most popular tour option!** It's not an organized race, but rather a casual paced, non-competitive, group running tour that follows the winding paths and rolling hills of Central Park! It's perfect for recreational runners – no one is going to break a personal best time on this run as we make a few stops along the way to take pictures and share the Park's history.

## Sunrise Yoga Walk

We help our guests **center their mind and body** as we lead a walking tour through the most beautiful parts of Central Park and enjoy restorative yoga poses and stretches along the way! We created this tour for those who want to be active and see Central Park as the sun rises above the skyline and the world's most exciting city comes to life all around them!

## The Runners Run

Created for more **advanced runners**, this tour focuses more on running and less on sightseeing. The course is closer to 5 miles long with fewer stops and captures all of the highlights of our other tours, plus a few more. A far superior experience to running on a hotel treadmill!

# BROOKLYN BRIDGE TOURS

## Two Bridges Run

The Brooklyn Bridge is the most iconic landmark in all of New York. At any time of day The Bridge provides great views of Manhattan and Brooklyn and offers a look back at the origins of modern day New York City, when Manhattan and Brooklyn were still separate cities. This 4 mile tour covers a lot of landmarks, taking you over the Brooklyn Bridge and back on the Manhattan Bridge, then through the streets of Chinatown and The Five Point Area, before finishing up downtown in front of City Hall.

## Waterfront Yoga Walk

Take in some of New York's most breathtaking views as we explore the Brooklyn Waterfront directly across from downtown Manhattan and guide you through a non traditional yoga experience. Enjoy a power walking tour during which we discuss the incredible history of the Brooklyn Bridge and the surrounding areas on both sides of the water. Along the way we will stop in idyllic locations to enjoy energizing Yoga Flows and meditation exercises. It's truly a unique and memorable way to start your day in New York City



# TIMES SQUARE TOURS

## Hudson & High Line Run

An exhilarating running tour that showcase Manhattan's West Side Highlights. Starting in Times Square we run to the Hudson River pathway. Where we take in some breathtaking views as we make our way down to Chelsea Piers and return via the elevated railway park known as the High Line! It's an exhilarating way to see some of the best highlights in all of NYC and get your run in at the same time!

## Times Square Morning Walkabout

This is a great walking tour for people staying near the Times Square area who want to get their whereabouts before the crowds arrive. There's so much to see in the area right around Times Square that most don't ever get to enjoy, until now! Get your steps in as we "walk like New Yorkers" and take in the sights and history of Broadway Theaters, the NY Public Library and Bryant Park, and of course the site of the New Years Eve Ball Drop!

## ON SITE OPTIONS

**Yoga** Jumpstart your morning with a gentle yoga flow. Open to all experience levels, this yoga class will focus on mindful mobility and will feature a combination of movements including joint activations, gentle stretching, flows to get your blood moving, strength work and restorative poses. You can also expect to be guided through a simple meditative practice aimed to leave you feeling clear, grounded, and hopeful

**Cardio/HIIT** Get your day started with a high energy workout that will leave you exhilarated and energized for the day that lies ahead! We guide you through a series of body weight, strength training exercises and high intensity cardio bursts intended to get the heart rate going and a good sweat in. Followed by cool down stretching you'll be ready for anything the day (or night!) throws at you!



# Availability

- We offer our tours 7 days per week, early in the morning and in the evenings in order to maximize the limited time your travelers have to enjoy NYC.
- Running Tours are available year-round and are held rain or shine, unless the weather is dangerous.
- Yoga Walks are available from Spring through Fall.
- We will do our best to accommodate your schedule and timing

**Contact Mike Riordan at 646-408-6453 or email [MikeR@FitToursNYC.com](mailto:MikeR@FitToursNYC.com)**

