



# THE ULTIMATE CHICAGO FITNESS EXPERIENCE



# WHO WE ARE

**City Fit Tours-Chicago** is a specialized tour company that combines sightseeing with exercise to deliver the “**Ultimate Chicago Fitness Experience!**” With over 25 years of combined tour experience, we sit at the forefront of wellness travel and experiential tourism. Our team is made up of fun, knowledgeable, and energetic fitness professionals and enthusiasts who share their love of Chicago 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 creating 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/chicagoortintakeform>
- Meeting locations are determined based on where the event occurs. Each tour ends where it begins in order to simplify logistics.
- The morning (or evening) of the event, our team will be waiting to greet guests at the tour starting point and help with check-in. 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.



## CHICAGO HIGHLIGHTS RUNNING TOUR



The Chicago Highlights Running Tour is a 3.5 mile route along which we share the history, culture, and urban myths of the Windy City. We'll explore Millennium and Grant Parks (known as Chicago's Front Yard) where we'll visit the famous Buckingham Fountain and Cloud Gate, aka "the Bean" and learn the significance of an iconic bridge most Chicagoans pass every day but know nothing about it's history! Our local-based guides will share fascinating stories of these Chicago landmarks as we run! Along the way we'll snap plenty of photos of our guests with the beautiful city skyline in the background. Guests will see the best Chicago has to offer in this unique running tour experience.

## CHICAGO RIVER YOGA WALK

This Yoga inspired walking tour combines sightseeing and wellness in one of the most awe inspiring locations in all of Chicago! We guide you along the Chicago Riverwalk, sharing the amazing history of the river and the surrounding architecture that Chicago is so famous for. We make stops along the way in idyllic locations to go through various flows, stretches and meditative exercises. All of this as the incredible "Second City" comes to life around us!







## ON SITE OPTIONS

**Yoga** Start 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 positive for the rest of the day.

**Cardio/HIIT** Get your day started with a high energy workout that will leave you exhilarated and energized! 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!



## SUGGESTIONS FOR A SUCCESSFUL EVENT

- **Schedule your “Fit Tours” early on in the event.** Our tours are the best way for guests to get acclimated to time changes and shake off jet lag. They’re a great way for your attendees to quickly get their bearings of the surrounding area and note which of the landmarks they might like to revisit. It also helps with rescheduling the tours in the event of bad weather.
- **We strongly advise against scheduling early morning fitness activities the day after celebratory evening events.** When our tours are scheduled after late-night dinners, we tend to have the lowest turnout. Set your guests up for success by scheduling mindfully.
- **Announce fitness activities and tours as soon as the dates are scheduled.** We have informational fliers and social media posts you can share with your guests. The sooner they learn about the experiences planned for them, the sooner they can plan ahead.
- **Provide us with participant emails.** We’ve worked with countless corporations and large groups, let us take some of the communications burdens off your hands. We can send an introductory email with what to expect and be the expert available to answer any questions guests may have. Afterwards we will share photos we took during the experience, allowing guests to focus on enjoying themselves, rather than feeling the pressure to capture every moment themselves. You will be copied on all communications, and we will never share participant information with outside parties. Ever.

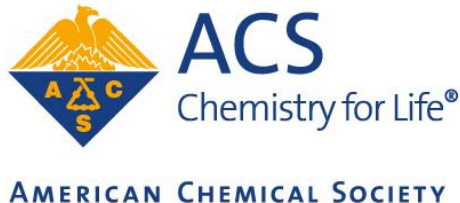
These suggestions are based on years of experience providing tours to groups just like yours. You are putting in the effort to provide quality health and wellness activities for your guests, so let’s work together to ensure we have the best turnout and experience possible.



## YOU'RE IN GOOD COMPANY

Over the years we've had the privilege of working with numerous corporate clients, tour operators, and DMCs who come back to us for their events year after year. Rest assured we are a knowledgeable team, dedicated to providing the highest quality fitness experience for your group.

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# Availability

We offer 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 Chicago.

Running Tours are available year-round and are held rain or shine, unless the weather poses a danger.

Yoga Walks are available from Spring through Fall.

We will do our best to accommodate your schedule and timing.

**Contact Chelsey Stone at 916-412-2729 or [Chelsey@cityrunningtours.com](mailto:Chelsey@cityrunningtours.com)**

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