



FOUR SEASONS

RESORT

ORLANDO AT WALT DISNEY WORLD® RESORT

# GROUP ACTIVITIES

*Explore the Possibilities >*





Add some extra excitement to your conference or incentive trip. Here at Four Seasons Resort Orlando at *Walt Disney World*® Resort, we offer a wide variety of group activities – all right on site for total convenience. From golf, tennis and cooking classes, to wellness and spa treatments, there are so many creative ways to infuse energy into a long day of meetings or to reward your group with luxurious relaxation. Every activity is enhanced by expert coordination and friendly, thoughtful Four Seasons service.



Yoga

Group Mindfulness  
& Vibrational  
Sound Immersion

Fitness Classes

Personalized  
Biometric Screenings

Spa & Therapy

## FOCUS ON WELLNESS

Experience the many unique ways your group can recharge and restore for optimal performance while building stronger relationships – whether sharing a yoga or fitness class, taking tennis lessons, or relaxing in our extraordinary 18-treatment-room spa.

[DISCOVER OUR WELLNESS OPTIONS >](#)





Yoga

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## Yoga

60 MINUTES

Experience a mindful flow from one posture to the next, linked with deep breathing. This is a beautiful and meditative yoga class where you transition in and out of postures, while moving to the rhythm of your own breath. Classes may be modified for all levels.

**Pricing:** \$475 per class

**Capacity:** Maximum 20 per class

## Yogalates

60 MINUTES

This combination of yoga and Pilates stretches and strengthens your body – emphasizing core control in all poses and focusing on breathing while in motion. All major muscle groups are used, leaving you feeling toned and flexible. The emphasis of Pilates is to develop the deep stabilizing muscles of the torso and strengthen the core abdominal and back muscles, while the focus of yoga is to breathe, stretch and feel. The non-impact resistance eliminates stress on joints, realigns muscle imbalances, and focuses on maintaining neutral pelvic and spinal alignment. This user-friendly fitness class is suitable for both general and highly athletic groups.

**Pricing:** \$475 per class

**Capacity:** Maximum 20 per class



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### Group Mindfulness Session

20 / 60 MINUTES

Mindfulness means maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and the surrounding environment. This session focuses on helping you completely disconnect from all sources of anxiety and the worries of daily life. The combination of breathing and mindfulness exercises helps you increase focus, have better relationships, improve sleep and stay calm under pressure. More important, this technique dramatically changes your view of what it means to be present, healthy and stress-free. You can expect a complete release of stress physically and a sense of mental clarity. These sessions are flexible and require no previous experience.

**Pricing:** \$475 per 20 minute class / \$750 per 60 minute class

**Capacity:** Maximum 20 per class

### Vibrational Sound Immersion

60 / 90 MINUTES

A truly unique and profoundly immersive experience to restore the natural rhythms of your body and mind on a cellular level. Our 'sound bath' helps you achieve a restorative and euphoric state through the beautifully peaceful sounds and vibrations of Himalayan Singing Bowls that are placed and played around your guests by our team of Spa sound healers. Vibrations from the bowls have a gentle and positive impact on your entire body from musculoskeletal, to your brain and internal organs. This vibrational session inspires a state where you may transcend stressful thoughts and the energies of your body and mind are harmonized. This renewed balance effects each guest individually and can vary from incredibly restorative and uplifting, to deeply relaxing and calming. One constant is that your guests will not soon forget this remarkably memorable and transformative time.

**Pricing:** \$750 per 60 minute class / \$1,000 per 90 minute class

**Capacity:** Maximum 20 per class





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### PowerFlex

60 MINUTES

A full-body conditioning and strength training class that incorporates all major muscle groups – enhancing, sculpting and toning. Light weights are used as you move through dead lifts, back rows and other classic strength training techniques. This dynamic group session will get everyone hooked on strength training with free weights.

**Pricing:** \$475 per class

**Capacity:** Maximum 20 per class

### Wellness Warrior Boot Camp

60 MINUTES

Push yourself with circuit-training designed to get your heart rate up and muscles firing. Strength, balance, dexterity, endurance and focus are targeted in this workout suitable for all skill levels. You will challenge your own boundaries through a diverse series of functional movements and exercises where your entire body is engaged.

**Pricing:** \$475 per class

**Capacity:** Maximum 20 per class

### Group Cycling (Spin)

60 MINUTES

An invigorating indoor cycle class that provides a variety of terrains – hills, climbs, flats and much more. Inspired by uplifting music, you are sure to break a sweat as you cross the finish line with the team. A great way to increase lower-body strength and cardiovascular endurance.

**Pricing:** \$475 per class

**Capacity:** Maximum 12 per class

### Bottom Line

60 MINUTES

This is the ideal class to target and tone the lower body and midsection. This popular class offers an upbeat workout, specifically designed to tone-up and sculpt the glutes, hips, hamstrings and core.

**Pricing:** \$475 per class

**Capacity:** Maximum 20 per class



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## Personalized Biometric Screenings

Guests will be inspired to take their fitness goals to the next level with an improved understanding of their body composition analytics. The analysis includes metrics on weight, lean body mass, fat mass, intra and extracellular water levels, total body water weight & dry lean mass, BMI, body fat percentage, ECW/TBW, segmental lean mass, fat control, LBM control, and metabolic rate. Guests will receive a consultation with our Fitness expert and personalized documentation on how they can begin, continue or improve a healthy and fit lifestyle.

**Pricing:** \$500 set up (includes trainer); \$50 per assessment



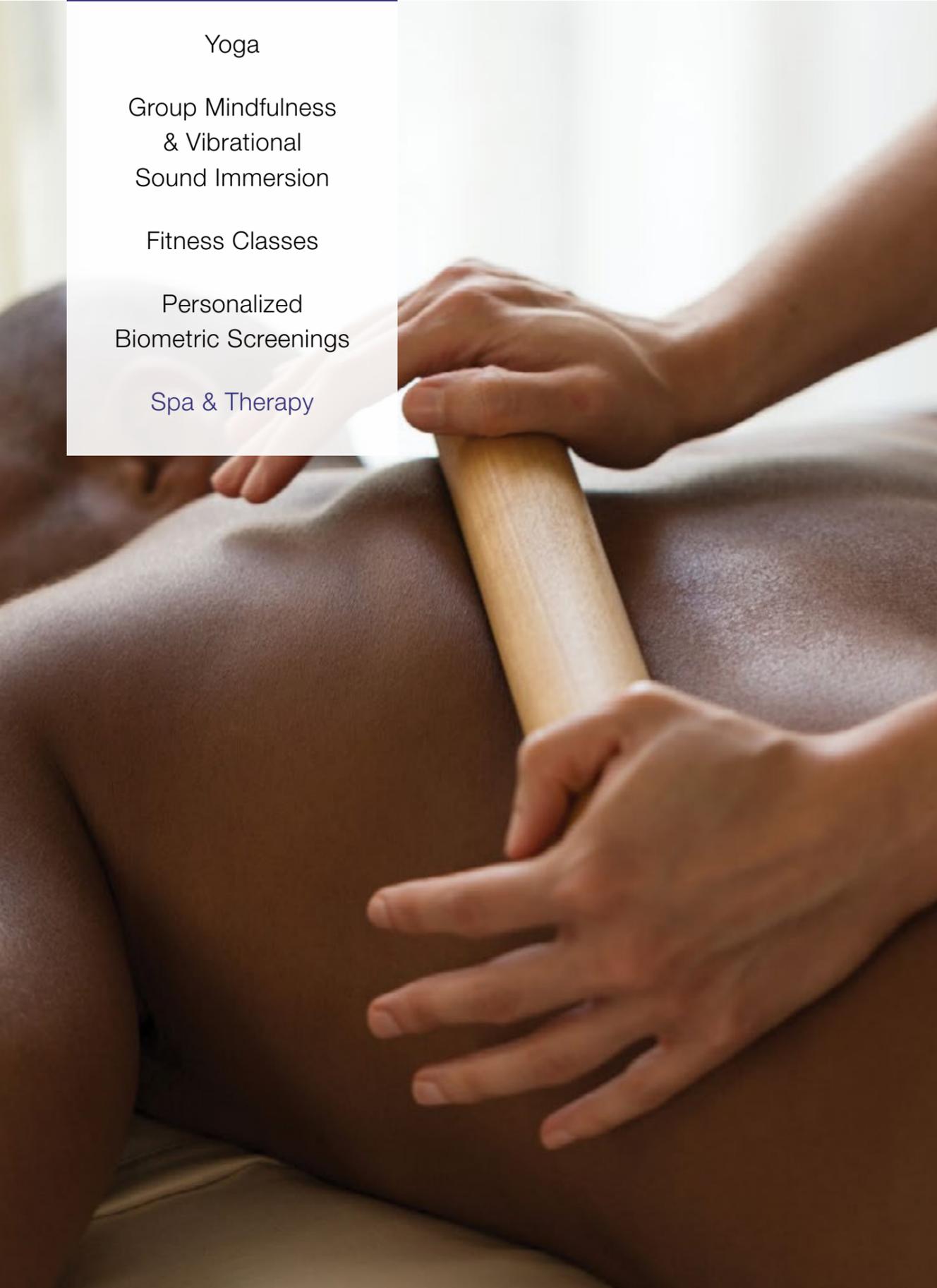
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### Personal Spa Treatments

Our spa is the perfect place to recharge. Your group members may choose from a variety of effective, restorative therapies, always tailored to their individual needs – from massages and facials to body wraps, scrubs, manicures and pedicures.

**Pricing:** Cost per treatment + 22% gratuity (50- or 80-minute treatment options)

**Capacity:** 18 treatment rooms (including 6 couples' suites), 2 pedicure stations, 3 manicure stations

### Percussive Chair Massages

Our tremendously talented massage professionals provide chair massages at the location of your choice. Guests will enjoy back, neck and shoulder massage incorporating percussive technology which helps improve tissue health for optimal movement and stress reduction. Chair massage is beneficial to all and easily adaptable to any setting – even immediately upon arrival, while registering! Other locations include the conference break area, a reception location or a private poolside cabana.

**Pricing:** \$250 per therapist / per hour + \$150 location fee + 22% gratuity (Cabana rental required, additional cost)

**Capacity:** Maximum 4 chairs

### Spa Aromatherapy Blend Bar

The Aroma Design Bar is an interactive experience that allows your group to custom create personalized therapeutic grade aromatherapy blends of a variety of personal body products. Your guests select their choice of product as well as their preferred essential oil combination, and their unique item is blended on the spot by our Spa team for a truly personalized and memorable take home product. This fully mobile Spa experience is further customizable with opportunities for including your logo on the blend bar, as well as providing beautiful messaged product amenities for your participants.

**Pricing:** \$150 location fee + \$50 per staff member (per hour) + \$45 per custom blend



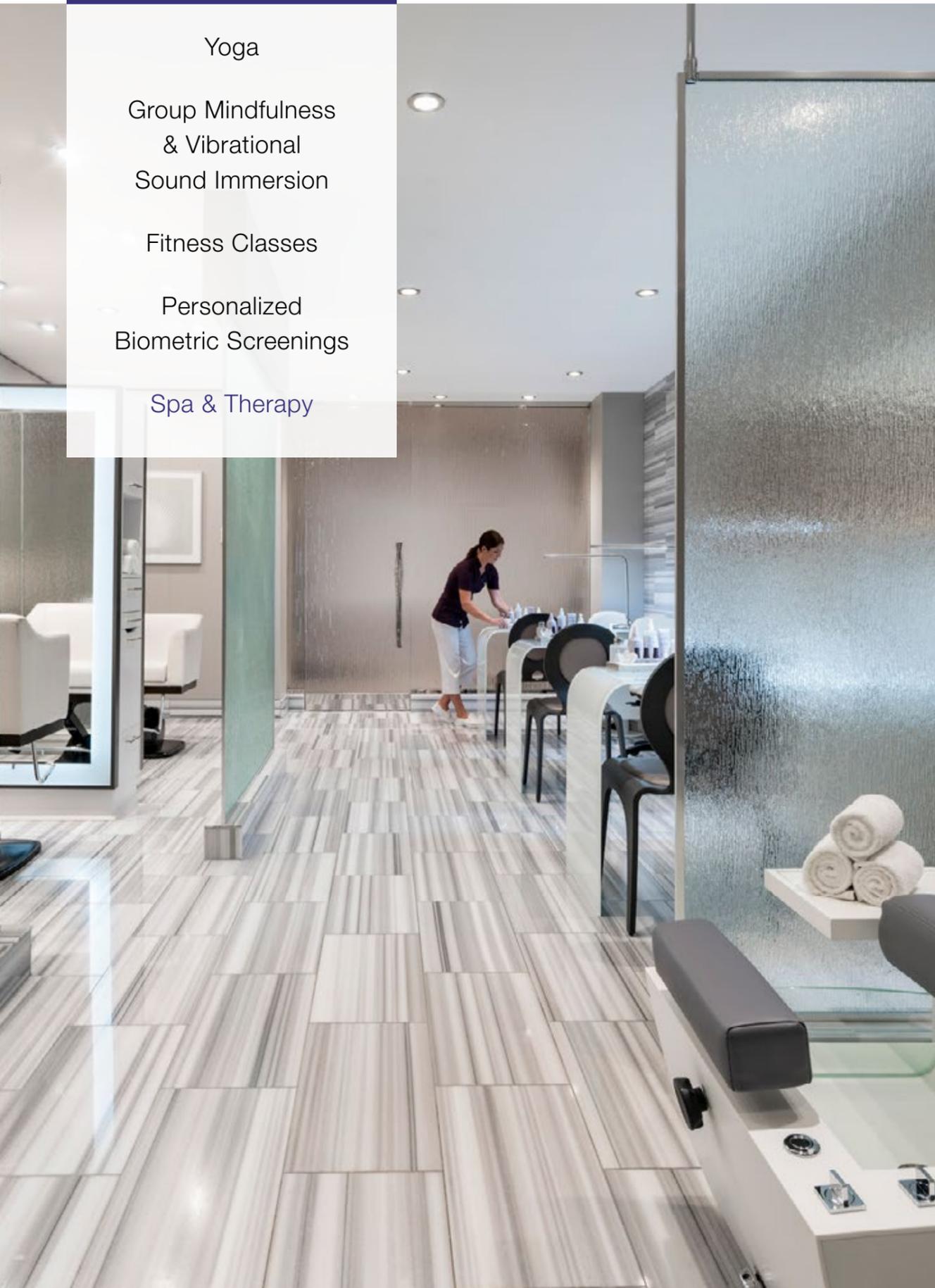
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## Solarium Relaxation Hospitality Lounge

The beautiful waterside and sun-drenched Solarium Lounge provides a private environment for guests to relax and enjoy pre and/or post Spa treatments. Indoor and outdoor seating in a private enclave of The Spa ensures guests have an exclusive area to relax while they enjoy exceptional Spa treatments and facilities. Opt to add an enticing food and beverage assortment to enhance the experience.

**Pricing:** From \$5,000 for up to 4 hours, requires a minimum of 40 treatments reserved at standard pricing

## Spa Registration

For your convenience, a spa coordinator can be available at your registration area to assist your guests with scheduling individual spa appointments.

**Pricing:** \$400 for up to 8 hours of registration service

## Spa Salon Buyout

Our full-service salon is a sleek, modern beauty sanctuary, led by master stylist Alejandra Bell. Born and raised in Buenos Aires, Bell brings over 20 years of experience. She leads our talented team of stylists and nail technicians, and ensures that our treatments are best-in-class. Our guests leave red carpet ready!

Treatment options include manicures, pedicures, hair styling, highlights, blowouts, makeup applications, makeup lessons, and Magical Moments for children.

During your buyout, it's also possible to create a private lounge for your attendees. Food and beverage enhancements include a mimosa bar with fresh juices and Champagne, fresh fruit, mini pastries, and a coffee and espresso bar.

**Pricing:** \$500 per hour + cost of services and 22% gratuity. *Requires a minimum of 10 treatments per hour reserved at standard pricing*

**Capacity:** 12 treatments per hour (including 2 hair & makeup stylists, 2 pedicure stations, and 3 manicure stations)



## Tennis Drill Workout

60 MINUTES

This one hour workout is perfect for a group with mixed ability. The emphasis is on running, hitting and having fun. No Tennis experience is required to participate. This drill is perfect for groups looking for a fun and unique way to enjoy fresh air and a Tennis-themed workout.

**Pricing:** \$500 per class

**Capacity:** Minimum 4 / maximum 12 players

## Group Tennis Lessons

90 MINUTES

Enjoy an interactive tennis clinic with our tennis pro, Alain Labrecque, an expert from the world renowned Peter Burwash International. Refine skills through fun and effective drills, then test what the group has learned in a match play.

**Pricing:** \$550 per class (includes racquet rental)

**Capacity:** Maximum 12 per class

## Executive Court Time

60 / 180 MINUTES

Reserve our Har Tru tennis courts for the exclusive use of your group. Our tennis coach will oversee all of your group to ensure optimal enjoyment! Racquets, tennis balls, water and towels are included.

**Pricing:** 1 hour: \$450 per class

2 hours: \$750 per class

3 hours: \$1,000 per class

**Capacity:** Maximum 12 players

## Beginners Tennis Clinic

90 MINUTES

In this clinic, players will be taught everything they need to fall in love with the game of Tennis. Players learn to rally, serve, and incorporate basic elements of the game to ensure a memorable time on the courts. This is the perfect opportunity to try the game of tennis in a fun and encouraging environment.

**Pricing:** \$750 per class

**Capacity:** Maximum 12 players



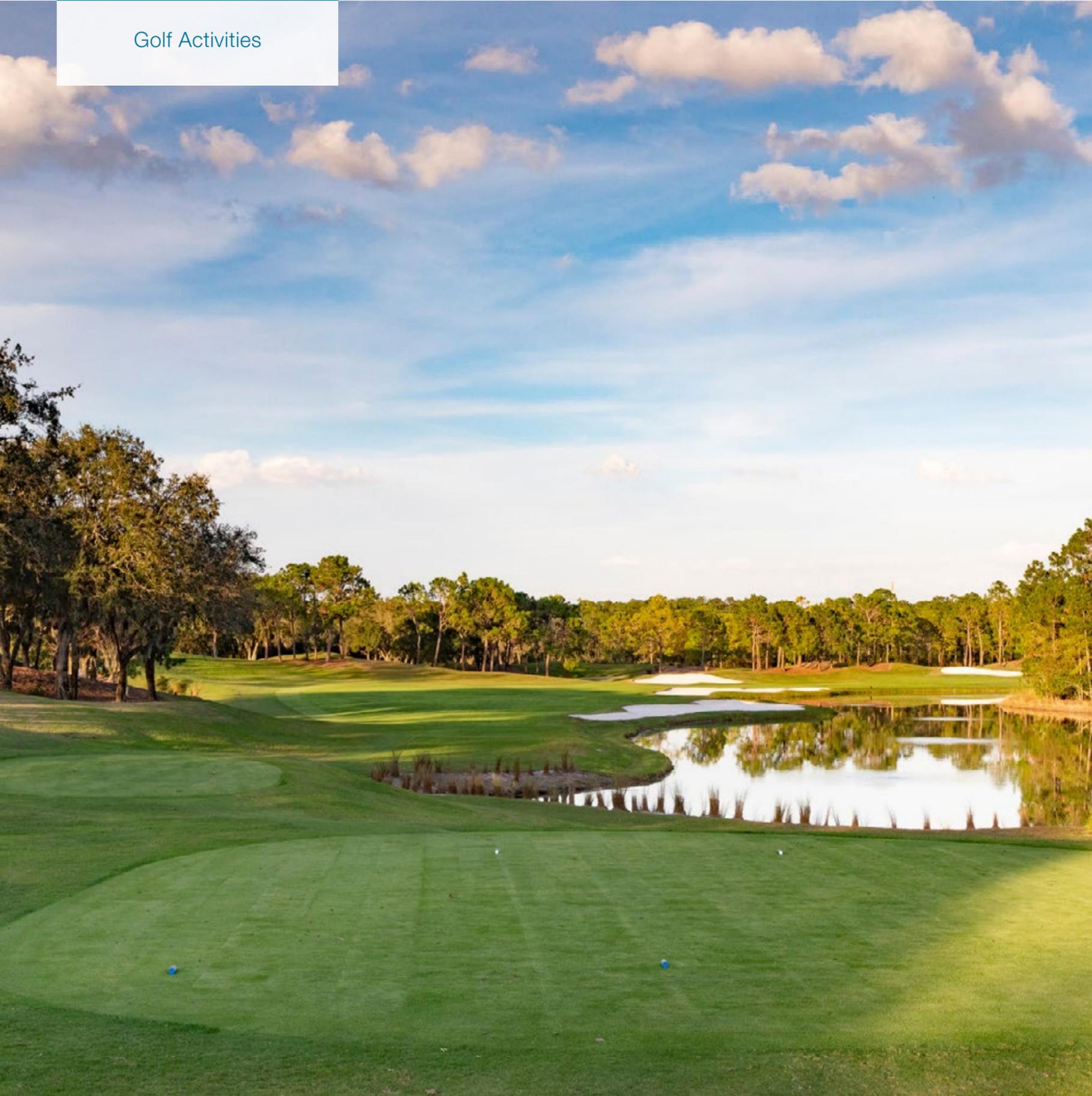
# FOUR SEASONS GOLF AND SPORTS CLUB ORLANDO

Four Seasons Golf and Sports Club Orlando is the host venue for the first official LPGA event of the year, the LPGA Tour's Diamond Resorts Tournament of Champions. It is unique in Central Florida for its varying elevations, abundant wildlife and protected wetlands. Designed by Tom Fazio, the 18-hole course is a par-71, with a yardage of 6,901 and four sets of tees to accommodate all skill levels.

With an enhanced 16-acre, \$2.5 million practice facility, Four Seasons Golf and Sports Club Orlando offers an incomparable setting and golf experience. The state-of-the-art practice facility features a double-ended driving range with a two-acre natural grass tee box, a chipping and pitching area totaling 14,000 square feet, greenside and fairway practice bunkers, an 18-Hole Putting Course, and a 6-Hole Par 3 Short Course available at select times.

[DISCOVER OUR GOLF ACTIVITIES >](#)





## Group Golf Tournament

Your group is invited to play where the champions play at Four Seasons Golf and Sports Club Orlando. Let us arrange a professional-style tournament, providing a complete Four Seasons experience on the course.

**Pricing:** Seasonal cost per player (contract required)

**Capacity:** Maximum 112, shotgun format

## Pre-Tournament Group Golf Enhancement: Walk the Line Tips from the Pro

45 / 60 MINUTES

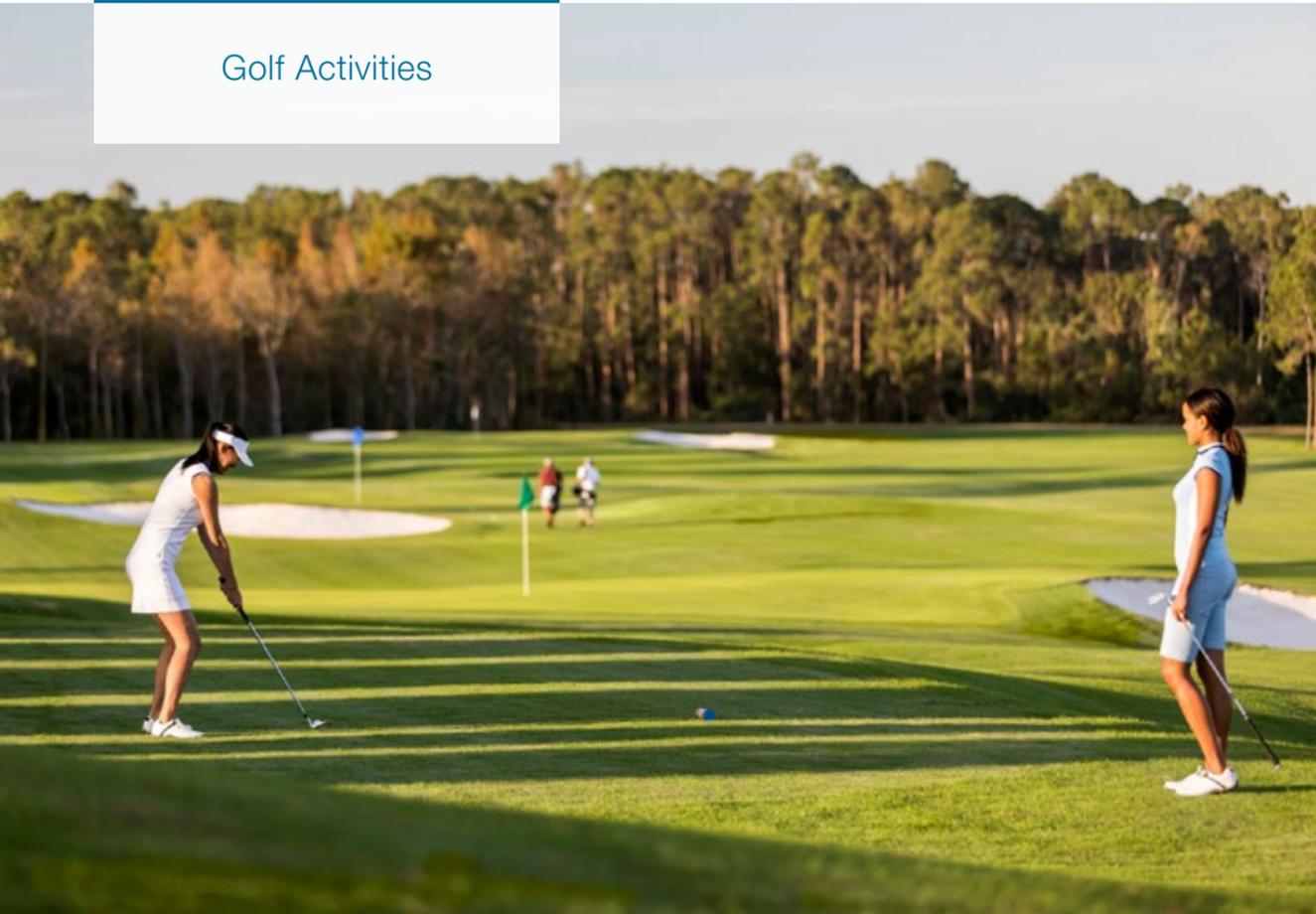
Give your golfers an edge with expert tips from Rod Cook, our Director of Golf Instruction and a PGA member since 1996. He hosts your group for a pre-tournament warm-up session on the driving range.

**Pricing:** \$150 up to 4 players, \$10 for each additional player

**Capacity:** Unlimited, open driving range



Golf Activities



### 6-Hole Short Course Tournament

2 HOURS

Take a spin on the 6-Hole Par 3 Short Course. This unique venue, complete with course-like undulating target greens, is sure to delight both the golf enthusiast and novice player. Approximate time of play is 45 minutes per person.

**Pricing:** \$5,000 per event (Glow Golf enhancements for evening events are available for an additional fee)

**Capacity:** Maximum 30 players

### Full Practice Course Group Activity

2 HOURS

Challenge your group with a team or individual-based golf skill tournament! Players will have the choice of a 6-Hole Par 3 Short Course or Driving Range Longest Drive Competition, in addition to exclusive use of the Short Game Chipping Area and 18-Hole Executive Putting Course.

**Pricing:** \$7,500 per event

**Capacity:** Maximum 60 players

### Practice Course: Short Game Chipping & Executive Putting Course Reception and Skills Challenge

2 HOURS

Host an evening cocktail reception in a fun and unique setting on the Tranquilo Golf Course Practice Area. Guests will enjoy mixing and mingling in a picturesque environment along with exclusive access to play the 18-Hole Executive Putting Course and Short Game Chipping Area. The 18-Hole Executive Putting Course and Short Game Chipping Area may also be reserved for play without a reception.

**Pricing:** \$3,500 per event

**Capacity:** Maximum 60 attendees

*Event fees are inclusive of all golf equipment, golf pro host team, scorecards or activity scoring by golf pro host, and background music. Beverage cart service and banquet food & beverage options are also available for an additional fee. Proper "resort casual" golf attire is required for events at Four Seasons Golf & Sports Club Orlando. High-heels are not permitted on Practice Facility grounds.*





## The “No Embarrassment” Golf Clinic

90 MINUTES

An introduction to the game of golf. This clinic includes a discussion of the basic rules and etiquette of the game and shows you how to swing a club. Perfect for beginners or for advanced golfers looking to improve the basic fundamentals of their game. All equipment is provided. This golf clinic is tailored to each person’s individual skill level and covers three stations, each taking about 30 minutes.

### Station 1: Full Swing

Discover the fundamentals of grip, stance, posture, and alignment, including full shots hit at the driving range.

### Station 2: Chipping/Pitching

Refine the fundamentals of your grip, stance, and posture and learn the techniques of different shots, along with club selection.

### Station 3: Putting

Learn the putting routine with the fundamentals of grip, stance, posture and aim.

**Pricing:** 1–8 players: \$500,  
9–16 players: \$950,  
17–24 players: \$1,450

**Capacity:** Maximum 24 players

## “How to Play Golf with Customers” Golf Clinic

90 MINUTES

The saying that “most business gets done on the golf course” is still very true. This clinic explains the traditions and social etiquette of getting business results during the course of play. Golfers will take away valuable tips that will maximize the business opportunity of each scheduled tee time. The session includes classroom learning, as well as three or four holes of play.

**Pricing:** 1–8 players: \$500,  
9–16 players: \$950,  
17–24 players: \$1,450

**Capacity:** Maximum 24 players



Volleyball & Basketball

Teambuilding

Other Activities



## RECREATION AND TEAM-BUILDING

Get your group up on their feet and playing together as a team with classic games, such as volleyball, basketball, and even corn hole! Here's a chance for everyone to try rock wall climbing, a 5K group run, or indulge in some retail recreation in our luxury boutique, Wardrobe.

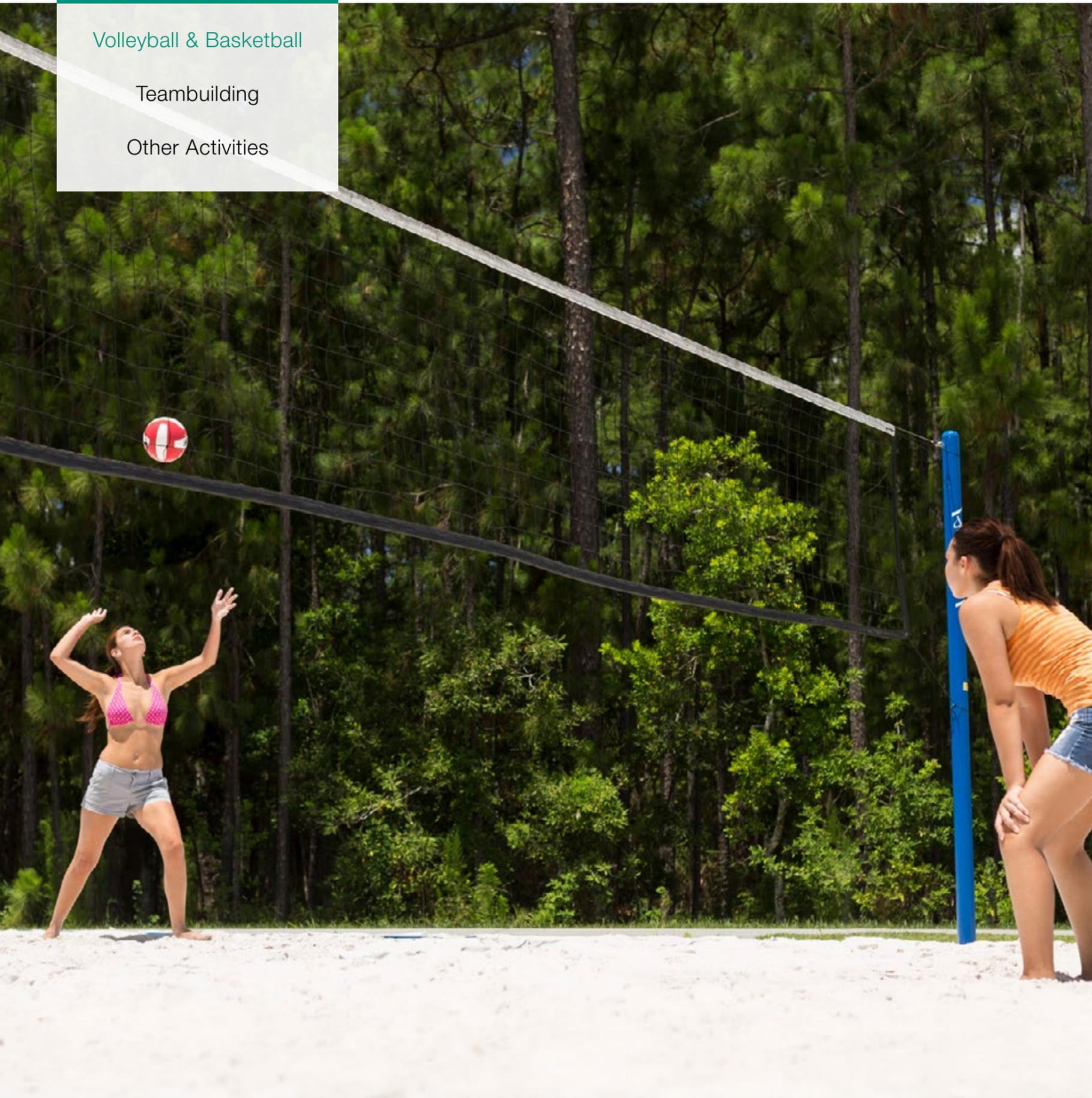
[DISCOVER OUR RECREATION OPTIONS >](#)



Volleyball & Basketball

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Other Activities



## Sand Volleyball or Basketball Court Rental

3 HOURS

Have some fun in the sun or sand! Enjoy exclusive use of the sand volleyball or basketball court for up to three hours.

**Pricing:** \$1,000 per session

**Capacity:** 16 players recommended for volleyball; 20 players recommended for basketball

## Sand Volleyball or Basketball Tournament

3 HOURS

Bump, set and spike, or pass, shoot, and score your way through a group tournament experience. Enjoy exclusive use of the sand volleyball or basketball court and equipment for up to three hours. We supply Four Seasons staff members in professional uniforms to coordinate and officiate games.

**Pricing:** \$1,500 per tournament

**Capacity:** 16 players recommended for volleyball; 20 players recommended for basketball

## Night Spiker Glow-in-the-Dark Volleyball

2-3 HOURS

The sky will be filled with stars and spikes during this unique event on our sand volleyball court or event lawn. The session includes event setup and officiating staff, as well as glow sports equipment and glow body paint so attendees can be part of the fun!

**Pricing:** \$2,000 per event

**Capacity:** 16 players recommended



Volleyball & Basketball

Teambuilding

Other Activities



## Customizable Team Building Events

Inquire about our Team Building event packet with activities that challenge the way you think and work as a unit. Events can be customized to special themes as well as unique charitable causes through our community outreach programs.

## The Hideout Game Room Buyout

Embrace your inner-teen at The Hideout, where game consoles such as Wii, Xbox, Playstation, Sega, Nintendo, Touchscreen Tables, Giant Pac-Man, Foosball and Billiards make it the perfect location to enjoy some lively fun either before, during, or after your event.

**Pricing:** \$2,500

## Virtual Reality Enhancement

Include the latest craze as an additional enhancement to any event. Choose between two options of virtual reality experiences to see which one would work best for your event.



Volleyball & Basketball

Teambuilding

Other Activities



### Rock-Climbing Wall

2 HOURS

Challenge the mind and body with a session of rock- wall climbing. Your group enjoys exclusive use of the rock-wall and equipment. We supply staff members to instruct on rock-wall usage.

**Pricing:** \$500 per session

**Capacity:** 24 people recommended

### Glow-in-the-Dark CornHole

2 HOURS

In this fun nighttime version, players take turns throwing bags of corn at a hole in a raised platform. We set up stations on our basketball court. We supply glow-in-the-dark throw bags, glow-in-the-dark boundary lines, black lights, as well as Four Seasons staff.

**Pricing:** \$1,200 per event

**Capacity:** 16 players recommended

**Additional:** 1 (20) amp is required for power

### Field Games & More

3 HOURS

Enjoy a fun, customized experience at our Explorer Island water park! Enhance or create an event with outdoor games. Choose from a selection of the following: Badminton, Bocce Ball, Ladder Golf, Corn Hole, Horseshoes, and Giant Jenga, Connect Four, Chess, or Checkers.

**Pricing:** \$300 per game; \$1,000 for bundle of four games

**Capacity:** 28 players recommended per session

### 5K Fun Run

1 HOUR

Customize your own 5K group run on the beautiful Four Seasons Golf and Sports Club Orlando. For charity or health, there are many reasons to get out and run while visiting Florida. Group runs must take place prior to the golf course opening hours, which vary by season.

**Pricing:** \$2,500 base package

**Capacity:** 25-200 people



Volleyball & Basketball

Teambuilding

Other Activities



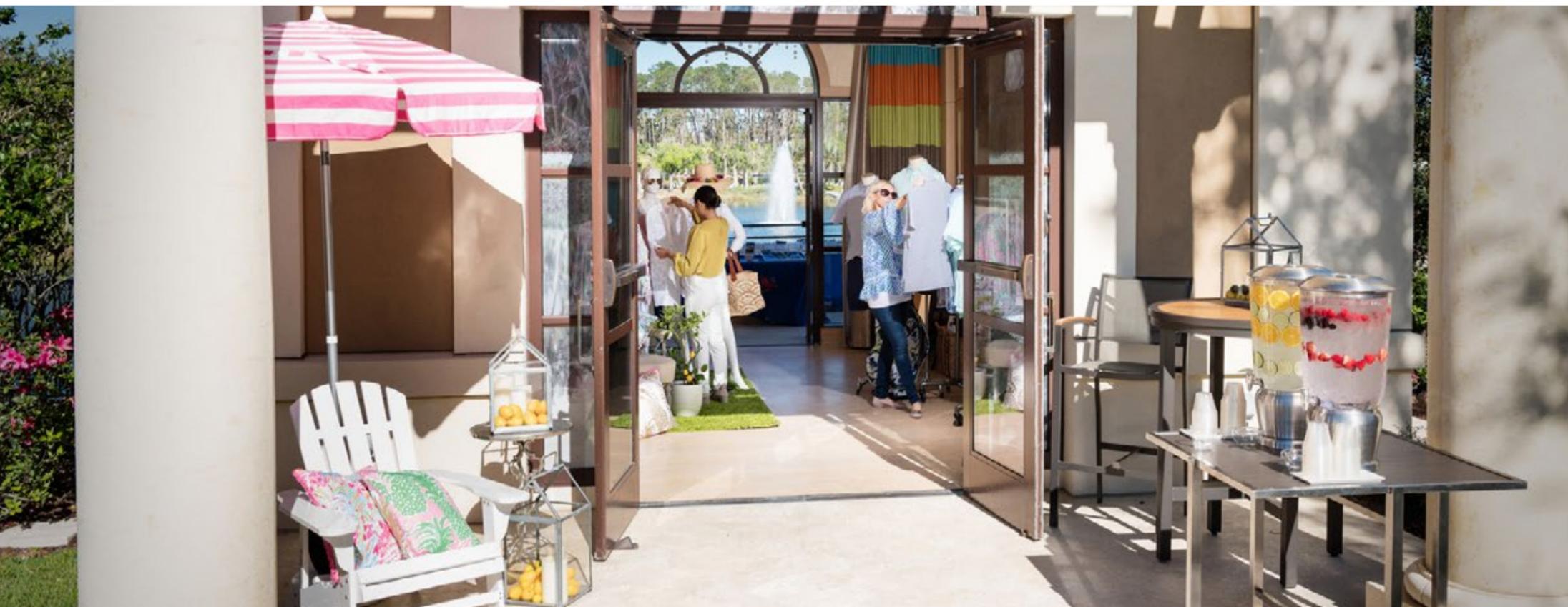
### Giftable Shopping Experiences

Welcome group attendees or send them a fond farewell with a custom in-room amenity. Our retail team will coordinate and design the perfect amenities for your group, whether it be packaged gourmet treats, custom-designed logo items, or trendy brand apparel. For an even more personalized experience, reserve a private section of our luxury boutique, Wardrobe, and allow attendees to choose their own gifts. A champagne station is the perfect enhancement for this exclusive shopping experience.

### Exclusive Pop-Up Shop

Our team of retail professionals will design an exclusive Pop-Up Shop with pre-selected items customized to your needs. Choose from a wide array of styles and products from the resort boutiques, ranging from Four Seasons logoed apparel and accessories, to renowned designer products. Attendees will love the opportunity to shop in a private space and bring home their perfect gift of choice, at no cost to them.

*Pricing: Price per guest is dependent on merchandise selected, set up and size of group. Food and beverage enhancements are available. Please contact your Conference Services Manager for more information.*

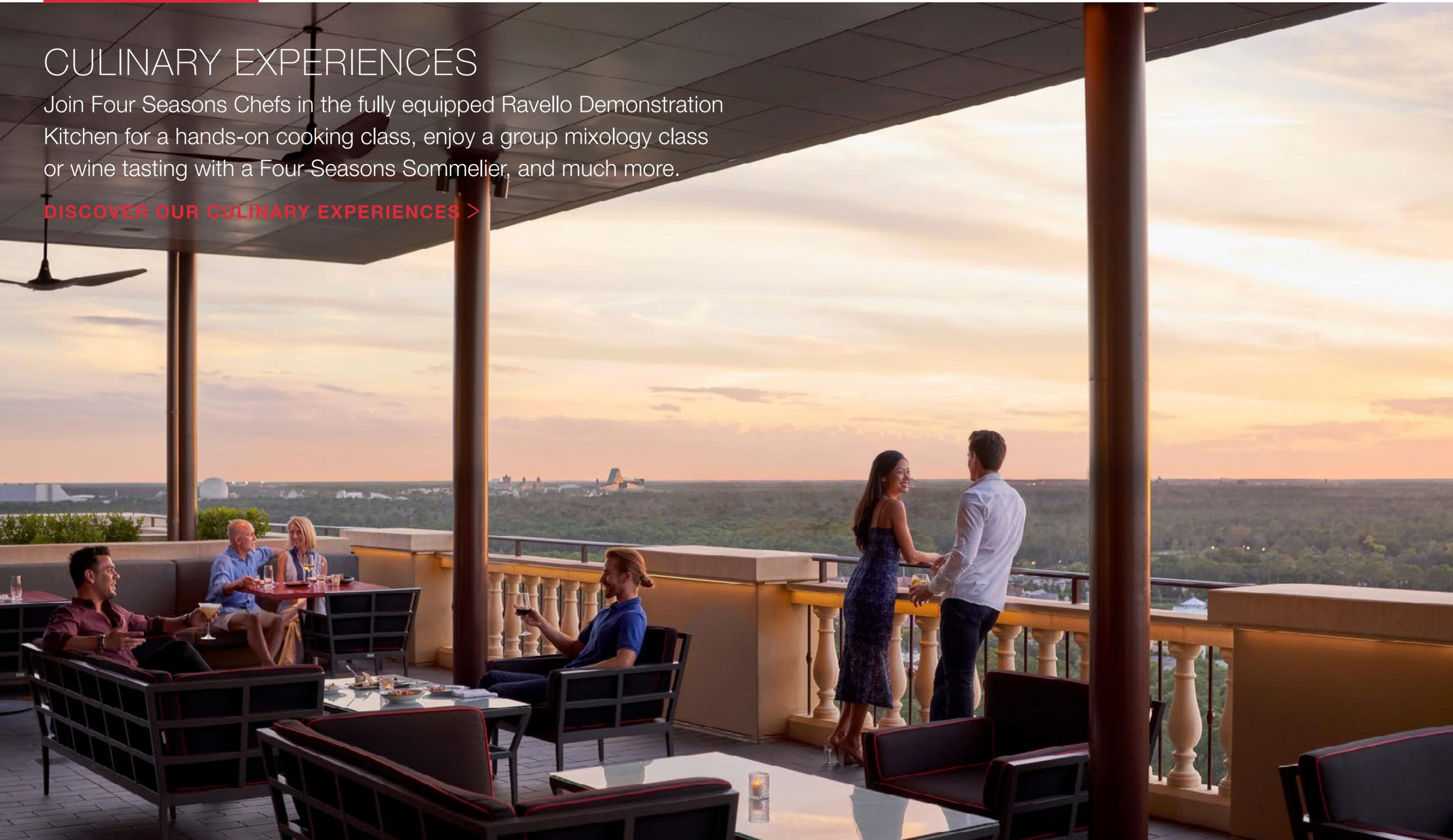




# CULINARY EXPERIENCES

Join Four Seasons Chefs in the fully equipped Ravello Demonstration Kitchen for a hands-on cooking class, enjoy a group mixology class or wine tasting with a Four Seasons Sommelier, and much more.

[DISCOVER OUR CULINARY EXPERIENCES >](#)





## Private Hands-On Cooking Classes

2 HOURS

Join our Four Seasons culinary team in the kitchen. Enjoy all the features of the chef demonstration and take it up a level with a hands-on experience. Each attendee cooks and creates his or her own dishes to enjoy and savor, while gaining expert tips from our chefs. Culinary classes include custom menus from the following resort outlets:

### CAPA

Delight in the flavors of the resort's signature steakhouse and learn how to master expertly grilled cuts, traditional Spanish-influenced cuisine and tapas.

### RAVELLO

From baking fresh dough with flour imported from Italy, to tossing pizzas and crafting pastas, attendees will love a hands-on look into recipes from the resort's modern Italian restaurant.

### PB&G

Refreshing wellness-focused offerings are the specialty at the pool bar and grille, including well-balanced salads, protein bowls and dressings.

### PASTRY

Decadent desserts and classic sweet creations crafted by our award-winning pastry team will be a treat for your attendees.

**Pricing:** \$1,500 for 6 guests, \$200 per each additional guest, chef fee of \$350

**Capacity:** Minimum 6 / maximum 12 guests



## Culinary Team-Building Event

2 HOURS

For the ultimate recipe for success, combine the best elements of a cocktail party, cooking class and team building event. Strengthen your group's dynamics with a fully interactive, hands-on experience.

This unique activity challenges team members to work together, balancing conventional team-building activities with creating delicious hors d'oeuvres to share and enjoy. The event includes an expert Four Seasons chef as your host.

**Pricing:** Starting at \$200 per person  
Event minimum \$1,500, \$350 per chef  
**Capacity:** Maximum 50 guests

## Chef Demonstrations

2 HOURS

Guests can gather around and watch each step of a culinary demo and enjoy samples of cuisine in the Ravello Demonstration Kitchen.

**Pricing:** Starting at \$150 per person  
Event Minimum \$1,200, \$350 per chef  
**Capacity:** Maximum of 20 guests

## Wine Tasting with a Four Seasons Sommelier

2 HOURS

Discover the world of wine, one glass at a time! One of our expert sommeliers will guide you region by region, explaining the different climates, grape varietals and wine styles. By the time you're finished, you'll know all the lingo and you'll be able to converse about wine like a pro!

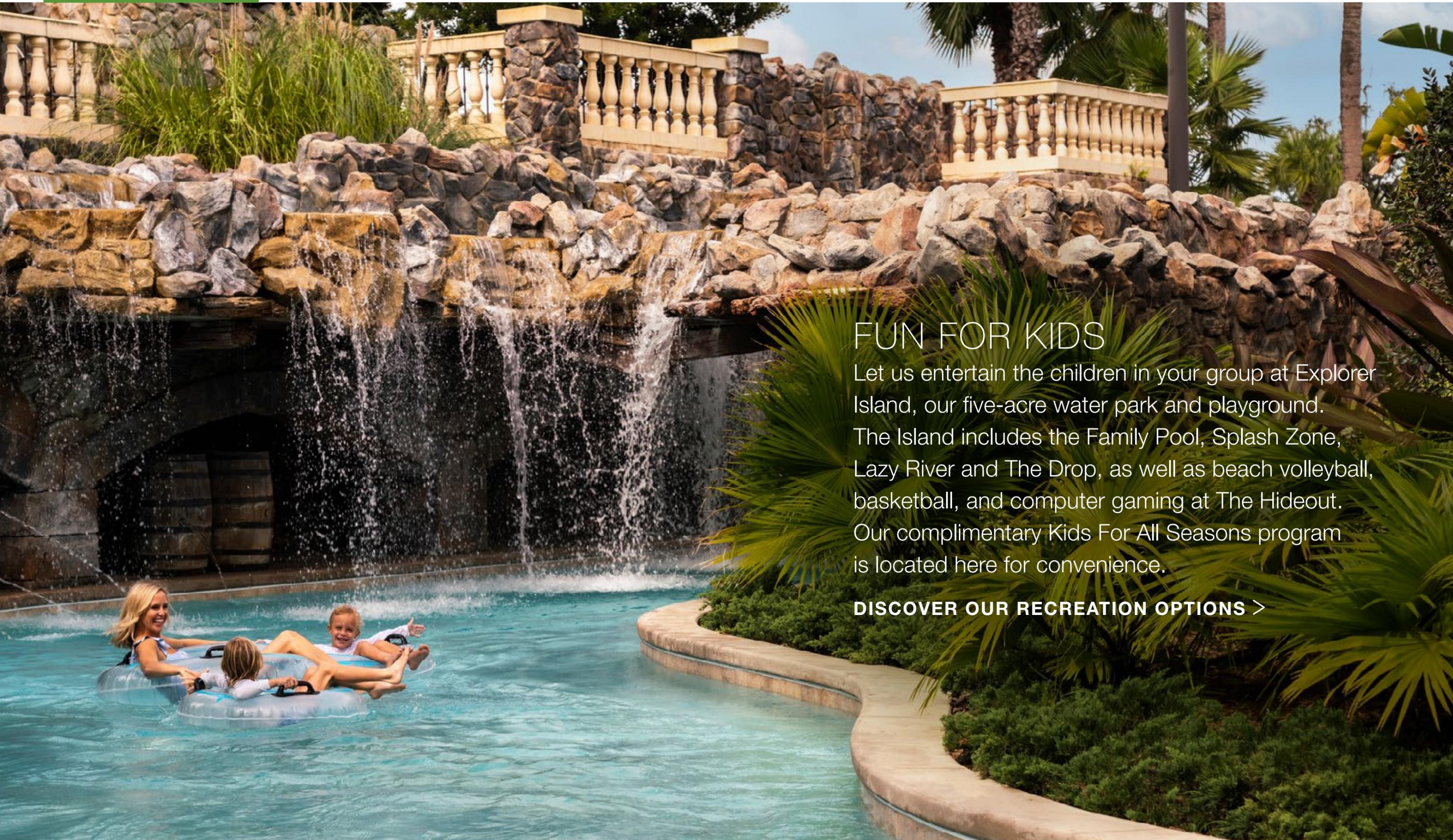
**Pricing:** Starting at \$125 per person  
Event Minimum \$1,500, \$250 per sommelier  
**Capacity:** Maximum 20 guests

## Mixology Class

2 HOURS

Let our Four Seasons mixologists guide you through a blend of traditional, regional and signature cocktail creations – so everyone learns how to prepare them at home! Beverages are made with premium liquors and fresh, local ingredients, including house-made mixers and hand-crafted garnishes.

**Pricing:** Starting at \$125 per person  
Event Minimum \$1,500, \$250 per mixologist  
**Capacity:** Maximum 20 guests



## FUN FOR KIDS

Let us entertain the children in your group at Explorer Island, our five-acre water park and playground. The Island includes the Family Pool, Splash Zone, Lazy River and The Drop, as well as beach volleyball, basketball, and computer gaming at The Hideout. Our complimentary Kids For All Seasons program is located here for convenience.

**DISCOVER OUR RECREATION OPTIONS >**



## Kids For All Seasons & Hideout

To fit your group's needs, Kids for All Seasons can customize any children's program, including crafts, group games, video games, movies and more. For supervision we follow a strict 1:6 staff-to-child ratio. Optional event enhancements: food and beverage, balloon artist, face painter, DJ, clowns, magicians, inflatables, and Animal Show experiences.

**Ages:** 4-12 (Children under 4 will require contracted babysitting services)

**Pricing:** Cost is based on event time, number of children and enhancements

**Location:** A private group setting is required

## Explorer Island Takeover

Children will love spending Saturday night at Explorer Island Takeover while the adults enjoy an evening to themselves. Check in at Kids For All Seasons for an array of exciting activities, including swimming and watching the Dive-In Movie at the Explorer Pool, followed by group games, video games, and arts & crafts for the remainder of the evening.

*Children must be ages 4-12 to participate. Children under 4 may participate if accompanied by an adult.*



# GET IN TOUCH

Let's start planning your Four Seasons event – incorporating the perfect array of group activities to help your guests relax and recharge.

## CONTACT OUR EVENT PLANNERS

**1 (407) 313-8100**

Four Seasons Resort Orlando At *Walt Disney World*® Resort  
10100 Dream Tree Blvd, Lake Buena Vista, Florida 32836, U.S.A.  
T. 1 (407) 313-7777

For more information:

**[fourseasons.com/orlando](https://fourseasons.com/orlando)**

