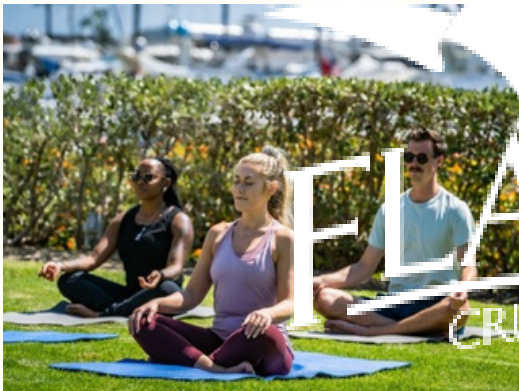


Recreation Group Activities

Bring your group together with a recreational activity during your stay at the Sheraton San Diego Resort. These experiences encourage bonding and well-being, with daily prices listed per booking.

Yoga



Enhance your group's stay with a private outdoor yoga session set against the peaceful backdrop of the marina. Guided by an experienced instructor, this practice blends relaxation and rejuvenation in a serene setting. Perfect for wellness weekends, corporate retreats, or special celebrations, group yoga offers a memorable way to recharge and connect.

Pricing for this guided session begins at \$500 /hr

Guided Coastal Walk



Strengthen connections with your group on a guided coastal walk. Choose from two scenic pathways —Harbor Island or Spanish Landing — each offering stunning waterfront views. As you explore, your guide will highlight San Diego's most iconic landmarks.

Pricing for this guided session begins at \$350 /hr

Sound Bath Meditation



Let your group drift into relaxation with a sound bath experience. Surrounded by soothing vibrations from crystal bowls and other healing instruments, participants are gently guided into a state of calm and clarity. This mindful session offers a meaningful opportunity to relax and recharge.

Pricing for this meditative experience begins at \$500 /hr

Pickleball Lessons



Add energy to your group's experience with a lively pickleball session! Guided by an experienced coach, participants will learn the fundamentals in a relaxed, supportive environment. Perfect for beginners or those looking to sharpen their skills, this interactive session sparks friendly competition, teamwork, and plenty of laughs.

Pricing for these lessons begins at \$500.

Private Fitness Classes



Transform your group's experience with a private fitness class tailored by our expert instructor. Offering formats such as core or HIIT, these powerful sessions engage both body and mind while encouraging teamwork and resilience.

Pricing for these classes begins at \$500 / group



Lawn Games

Bring extra fun to your company lunch or group gathering with classic lawn games set in one of our scenic outdoor spaces. Whether it's Cornhole, Giant Connect 4, Giant Jenga, or Ping Pong, these games create laughter, friendly rivalry, and lasting memories.

Pricing for lawn games begins at \$300



Multicourt Rental

Challenge your group with a private multicourt rental, ideal for fans of pickleball, tennis, or basketball. This flexible space transforms to match your game of choice — two pickleball courts, a full tennis setup, or a basketball court with dual hoops. Complete with included equipment, it's the perfect setting for teamwork, energy, and spirited play.

Pricing for multicourt rentals begins at \$250

Enhance your group's experience with convenient add-ons, including additional chairs, umbrellas, and a water station, available in any recreational area for \$200