



THE MONTHLY RUNDOWN - 10/10/19

Here's what's happening in San Diego.

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RUNNER'S+

Hey, San Diego! Quick announcement: we revamped our newsletter. Say hello to **Fitt Weekly**.

Every Thursday, we'll send you a rundown of what's happening in San Diego's health and fitness scene — handpicked by local contributors and editors, like me. From events and exclusive content to shoutouts and more, we hope you like what you see.

Let's just jump right into it.

👋 Emily, **Fitt** San Diego Local Contributor

🧘 Resilience Is Ready

Yoga and HIIT classes under the same roof? Sounds like a dream. Luckily, **RESILIENCE**—formally **MOSAIC Yoga**—turned our dreams into reality when they held their grand opening last week. The Golden Hill space has transformed into a dual yoga and HIIT gym that now offers 85 classes per week. Think it's worth trying out? With a deal that seems almost too good to be true, the fitness center is giving new members four free classes when you sign up for your first workout.

🍷 Foodie Fans

ICYMI, Windmill Food Hall opened in Carlsbad in early September, and we're already big fans. If you haven't had a chance to stop by the area's first food hall, prepare to be blown away (tired of the windmill puns yet?). It's worth the trek north to experience a bit of what the fourteen food vendors have to offer. We're especially excited about the fresh eats and buzzworthy sips from [Mesteeso Brazilian Coffee Co.](#) and [The Poke Stand](#). Not only is the food hall serving up tasty bites, but the multi-functional spot also hosts [weekly yoga sessions](#) on their outdoor patio. We'll see you for crow pose and a post-namaste cortado.

FIT x Little Italy

As if we didn't love Little Italy enough, the neighborhood will soon be welcoming its own [Fit Athletic Club](#) to the scene this November. Housed inside the Carte Hotel, the 28,000-square-foot gym will offer an outdoor turf cross-training area, a steam room, sauna, and dozens of group fitness classes. Oh, and it gets better: gym members also get access to a rooftop pool and hot tub. Can't wait until they cut the ribbon next month? Try out one of [the four other Fit facilities](#) in the area to see what all the fuss is about.

On The Run

Run—don't walk—to downtown's [Pure Indoor Studio](#). **The cycle studio launched a weekly Pure Run Club as a customized six-week training program** to help runners prep for the sold-out [lululemon 10K](#) in San Diego. Not participating in this year's race? You can still join in the weekly runs led by studio manager [@kardiparty.k](#). Email info@purestudio.com to sign up.

Barry's Is Back

Guess who's back and better than ever? **[Barry's Bootcamp San Diego](#) has officially reopened** after undergoing a major studio renovation. Now, the strength and cardio training gym's space is looking fresh, fun, and ready for some sweat. We'll see you in the Red Room.

Taco Time

Ready to taco 'bout something extra exciting? [City Tacos](#), one of our favorite eateries for fresh, veg-centric handhelds, is expanding! The North Park-based taqueria has plans to open in [Encinitas](#), [Pacific Beach](#), and [Sorrento Valley](#) by the end of 2019. Follow [their 'gram](#) for opening day details, and get ready to become hooked on this San Diego hot spot.

Stronger, Faster, Better

If you're a runner, you already know you can rely on Runner's World for running news, shoe reviews, not to mention insights into the latest gear, tips, tricks, and more. But if **#runningislife and you just can't get enough, you've gotta subscribe to [Runner's World+](#)**. The membership gives you all the go-to content you already love, but with some extra perks thrown in. Think two day-by-day training plans to crush any goal, invitations to exclusive events, and premium content. As if that wasn't enough, you'll also have access to a running coach, a members-only newsletter, workout videos, and deals from your favorite brands. Oh, and did we mention if you [sign up now](#), you'll be able to take advantage of a discounted rate? We think you know what to do.

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Save The Date

Carmel Valley Trail 15k, 10k, 5k

Tackle San Diego's "hardest 5k" when you sign up for this challenging series full of short, steep hills. The single-track dirt trail—complete with a coastal backdrop—is not to be taken lightly! And if you really want a challenge, register for the 10k or 15k where you can continue pushing your limits.

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SUNBURN Fitness with TabuFit Yoga

Every Saturday, #SUNBURNfitness is hosting a variety of [one-hour workouts](#)—yoga, cycling, bootcamps, and more—to get your heart pumping before you spend the rest of your day lounging and drinking at SUNBURN Pool Lounge at the Hard Rock Hotel in downtown.

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Free Yoga in the Park

There's nothing quite like reflecting in tree pose surrounded by nature, and you can take in all the woodsy zen during [this free weekly yoga session](#) in Ruocco Park. Following the 45 minutes of free fun, continue lounging around under umbrellas, sip on fresh brews, and snack on street food from San Diego Food Markets. See you every Saturday for some savasana and sun!

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2019 San Diego Sharkfest Swim

Calling all experienced swimmers! Make like a shark and swim your way through the San Diego Harbor during [this timed one-mile race](#). Choose between the wetsuit non-wetsuit, or separate division — all of them end at the Tidelands Park beach, giving you the perfect excuse to explore Coronado once you finish.

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LIVE MUSIC & YOGA

Block off your calendars every Wednesday for an early lunch break, because The Om Experience is ready to lead you through a [weekly Vinyasa yoga practice](#) in Balboa Park. What's better than flowing to the beat of the live music to break up your week?

In Other News

Prohibition Party

Just in time for spooky season, Tahona's new Prohibition-era speakeasy cocktail bar, [Occulto 477](#), opened its doors next to a cemetery in Old Town. Its exact location is a secret worth keeping — you might even take it to the grave...

Cup of Joe with Jason Mraz

If you stopped by La Jolla's Bird Rock Coffee Roasters last weekend, you might have seen a familiar face. [Jason Mraz moonlighted as a barista](#) to show off his new coffee blend. It's not the cheapest bean to buy: the specialty cup is comprised of the first Geisha bean grown in California. And he makes it right in Oceanside. Don't panic if you're still trying to get your hands on the grounds: the blend is still [available online for a limited time](#).

Shoutouts

Good luck to all the runners participating in the [Carmel Valley Trail 15k, 10k, 5k](#) this weekend! We're cheering for you!

Hit a new PR? Start a new, healthy side hustle? Share your exciting news with us [here](#) for a chance to be featured!