



THE WEEKLY RUNDOWN - 12/19/19

Here's what's happening in San Diego.

We are officially less than two weeks out from a new year (and a new decade)! While there's so much to look forward to in 2020, I'm still making the most of what's left of 2019. There are tons of health and fitness happenings going down in the next 12 days, and I can't wait to do it all! Cheers!

👉 Emily, [Fitt](#) San Diego Local Contributor

🔥 Nothing To Be Salty About

You may be familiar with hot yoga, but what about hot Pilates? **Hillcrest's newest boutique studio, [SALT](#), opened this week** and it combines the benefits of mat Pilates with an infrared sauna for a one-of-a-kind sweat sesh. If you're not feeling the heat, they also offer non-heated classes that still guarantee to get your heart pounding. Intrigued? Your first two classes are just \$10!

☕ It's A Brew-tiful Day

Carlsbad, get ready to get caffeinated. **[Lofty Coffee](#) opened its fifth San Diego location last weekend in the La Costa area**, and it's serving up the same sustainably-sourced coffee, delicious pastries, and breakfast and lunch bites that have made this place a local favorite. And like many of their other locations, the new cafe offers tons of outdoor seating, so you can soak up the December sunshine with your latte in hand.

🧘 Rootin' For You

Root down and rise up at San Diego's newest yoga studio, [Root + Flow Yoga](#). Small but mighty, this Mira Mesa spot is all about inclusivity and helping yogis create a mind-body connection through purposeful movement. We dig it. The schedule is packed with a variety of practices, too, including Vinyasa, Yin, Yoga Sculpt, and Ashtanga. Oh, and rumor has it they'll be adding rope wall classes in the new year! Namaste, indeed!

Barre, Bay Wreath, And Brews

With bright lighting, a modern aesthetic, and a market place full of coffee and flowers, **Sorrento Valley studio Barre + Bay Wreath** was practically made for Instagram. Hey, we're not complaining. Want to get in with this fun community? They're taking barre to the bar this Saturday, hosting a 45-minute pop-up class at Ballast Point in Miramar followed by post-sweat beer, of course! Think of it as the perfect introduction to their muscle-shaking workouts.

We've Been Waiting A Life Time

The gym-meets-resort experience has finally made its way to San Diego. **Opening in La Jolla today, Life Time's latest health and fitness club features upscale equipment, multiple studio spaces, and luxury amenities** all housed in a whopping 56,000-square-foot destination. When it comes to classes, take your pick of everything from kickboxing and kettlebells to cycling, yoga, and HIIT. And if you need a little R&R after your workout, just make your way to their in-house spa or the on-site healthy cafe to refuel.

Taco Time!

One Paseo is still growing! **Tocaya Organica, San Diego's favorite place to score a healthy take on Mexican cuisine, debuted its third location** this week in the Del Mar hot spot. Your new motivation during a sweaty SoulCycle class or BODYROK mash-up? Tocaya's tasty avocado-topped tacos and flavor-filled bowls.

Save The Date

December 21: San Diego Holiday Half Marathon

'Tis the season for the biggest holiday race in the area! Enjoy scenic views as you make your way along the rolling bike path to the breathtaking (or is that due to the race?) Torrey Pines State Beach. Once you cross the finish line, it'll be cause for celebration — you just managed to squeeze in one more 13.1 before the end of the year.

December 21: Yoga in the City

Kick off your Saturday with a fresh-air flow led by the expert instructors of Yoga One. Taking place at The Headquarters at Seaport downtown, you'll stretch it out during a relaxing yoga session before ending class with a sun-soaked savasana.

December 22: Hoppy Yoga

Yoga and beer? Sign us up! Head to Green Flash Brewing Co. for an all-levels yoga class in their tasting room followed by a complimentary pint or flight. Just remember to bring your mat.

December 31: NYE Yoga Flow on the Cliffs

Close out 2019 with a donation-based yoga class and meditation session at the Sunset Cliffs. Not only will you enjoy epic views of the Pacific Ocean, but you'll start off the new year with a clear mind and good vibes. **Fitt Tip:** pack a towel, the cliffs are dusty.

🍷 In Other News

Mark your calendar (and grab your tickets!): on January 11, the 10th annual [San Diego BrewFest](#) is heading back to Liberty Station NTC Park for a full day dedicated to craft beer. Featuring over 60 breweries slinging upwards of 150 beers, the city's best food trucks, lawn games, and live music, it'll be impossible not to have a good time. Now, this is winter in San Diego...

👏 Shoutouts

Congrats to [Performance360's](#) newest coach, [Ducote](#)! We can't wait to sweat it out with you.

Join us in welcoming new momma [Alissa](#) back to the schedule at [Rush Cycle Encinitas](#)! Time to tap it back and sprint it out!

Shoutout to [Rize Studio](#)! The new aerial yoga concept has partnered with local businesses like [MAKE pizza + salad](#), [Melvin Brewing](#), [Bean Bar](#) and [Tailored Hair](#) to hook its members up with some solid discounts!

Have something exciting you want us to shout out? Fill out [this form](#) for a chance to be featured!