



THE WEEKLY RUNDOWN - 1/9/20

## Here's what's happening in San Diego.

PRESENTED BY



Happy New Year, San Diego! We're a week into January, and I'm excited to knock my fitness and wellness goals out of the park. Luckily, with the start of Veganuary, Dry January, and tons of new studio openings, it's going to be easier than ever. Read on for all the deets.

👋 Emily, Fitt San Diego Local Contributor

### 🧘 OG[grand Opening]

We're all about fitness, and we're all about giving back. That's why we're excited about OG Yoga, a new yoga studio in Normal Heights that combines the two. Even better, **they're hosting their grand opening party this Saturday!** Stop by to enjoy 30-minute samples of classes like Accessible Ashtanga, Cardio Dance Movement, and Gentle Flow Yoga for just \$5 each. Oh, and did we mention Dos Tierras Chicano Soul Food and Rebel Farms will be there, too?

### 🌿 Village People

Sound the alarm! North Park's **The Village** (previously home to **Anthem Vegan**) has finally opened its doors. The 100% plant-based eatery serves up delicious organic dishes ranging from Mexican comfort food and burgers to smoothies, Ramen, and salads. The restaurant is currently offering dinner, but they plan to add lunch service in the coming weeks. Peep their [social](#) for updates.

### 🏋️ Stay Flexxy

If you're on the search for a fit fam to help you kick off the new year, look no further than **FLEXX Fitness Club**, the latest gym to open in Little Italy. The one-stop shop offers classes ranging from yoga to HIIT, plus a crew of top-notch instructors to help you get the most of your workout. Wanna check 'em out? They're currently offering a complimentary three-day trial pass.

### 🍕 You Have A Pizza My Heart

Have a slice day at [Powerhaus Pizza](#) this month. **In support of Veganuary, the Pacific Beach hot spot is offering special vegan dishes to inspire veg-curious diners.** The best part? All proceeds go to Vegan in San Diego and the international Veganuary organization. **Fitt Tip:** Powerhaus is celebrating its first anniversary later this month and will be offering 50% off on January 25 from 12-2:30. Don't miss out!

## Weekend Warriors

lululemon Carlsbad is helping us make the most of our weekends this month. **Every Saturday and Sunday in January, the North County store is hosting a different free workout class from a local gym or studio.** Coming up on the schedule? A HIIT bootcamp, a meditative yoga class, and a functional movement session.

## Save The Date

### January 11: San Diego Resolution Run 5K/10K/Half

Walk, run, skip, crawl, and just move at the 13th annual [San Diego Resolution Run](#). Whether it's your first race or you're a running pro, you're bound to have a ton of fun. And with 5k, 10k, and half-marathon options, there's something for everyone. Bonus: there's a free [Runner Recovery Zone](#) at the finish line that'll make it all worth it.

### January 11: Bluegrass Yoga at Societe Brewing

Bluegrass jams, beer, and boat pose all come together at Societe Brewing's monthly [Bluegrass Yoga](#) event. Hosted in the tasting room, kick off your Saturday with a gentle Vinyasa class followed by a [draft pour of your choice](#) — all to the sounds of bluegrass music.

### January 11: Full Moon Hike

Hit the trail for an all-levels guided hike under the stars and the full moon. REI's educational trek up Cowles Mountain will teach you everything you need to know about night hiking, all you have to do is show up!

### January 11: Saturday Night Light - Yoga, Ecstatic Dance + Sound Healing

SNL takes on a whole new meaning this weekend at Indie Yoga. Head to the Ocean Beach studio for a [night of yoga, dancing, and sound healing](#) guided by Gianna Mauceri, with live music from DJ OpenOptics.

### January 12: JuneShine x House of Yogi & Radiant Yoga

Ease into the new year with a [donation-based yoga class](#) led by The House of Yogi and Radiant Yoga. After a rejuvenating stretch sesh, the taps will be flowing as participants will receive a complimentary JuneShine taster and brewery tour.