



THE WEEKLY RUNDOWN - 1/16/20

Here's what's happening in San Diego.

PRESENTED BY



We are officially two weeks into 2020, and I can already tell this is going to be the best year yet. Between new coffee shops, healthy havens, and just-opened sweat spots, the city is showing up for the modern roaring '20s. Read on for all the new year, new San Diego details.

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

🏃 Making Strides

Run, don't walk, to Little Italy's newly announced **STRIDE studio**. Opening later this spring, this indoor running concept is about to make you forget all about your at-home treadmill. Led by STRIDE Certified Run Coaches, their high-intensity classes will challenge walkers and runners of all levels with intervals, inclines, and strength training exercises all done on luxury Woodway treadmills. Peep their [Instagram](#) for updates.

😋 Satisfying Our Krave-ings

We cannot espresso how excited we are about this news: **Point Loma coffee shop fave, Local Krave, opened the doors to its second location in Pacific Beach last week!** Known for its famous Kraveman Coffee (a comforting blend of house coffee, grass-fed butter, organic coconut oil, honey, and cream), nourishing breakfast sandwiches, and drool-worthy acai bowls, this spot is perfect for pre-beach day fuel.

☕ Coffee Break

University Avenue's coffee scene is about to get schooled. **Hillcrest's latest caffeinated cafe—Oliver Coffea—popped up this past weekend under the Eitol Lofts.** Serving up Zumba coffee and tasty toast creations, this sun-kissed, minimalist coffee shop is small but mighty. [Fitt](#) Tip: a little birdie told us that Oliver's chai is a handmade hidden gem.

🏃 Burpees Before Slurpees

Body by burpees, anyone? **Hermosa Beach's gnarly Burpee Mile is making its way down the coast to Silver Strand State Beach this March for those of us up to the challenge.** Yes, this is exactly what you're thinking: burpees with broad jumps for an entire mile. Whether you team up with your buddies or take this mile on solo, you're guaranteed to be drenched in sweat by the last leg.

Let's Taco 'Bout It

This news is simply spec-taco-lar. **City Tacos, one of our favorite eateries for fresh, veggie-centric handhelds, opened the doors to its Sorrento Valley location this week.** The North Park-based taqueria's menu has a whole section dedicated to vegan, vegetarian, and paleo bites, so you can enjoy their creative flavors regardless of your preferences. Stay tuned for additional locations this year in Pacific Beach and Seaport Village!

Taste Of San Diego

San Diego Restaurant Week kicks off this weekend, and over 180 restaurants throughout the county are celebrating with special prix fixe lunch and dinner menus. Never one to turn down a deal, we're especially stoked on the fresh, veg-forward eats from Café Gratitude, Mille Fleurs, and Farmer's Table. Work lunch and date nights, we're coming for you.

Save The Date

January 18: Rooftop Yoga at THC

Take your yoga practice to the next level (well, three levels up) for a rooftop flow at the newly renovated The Holding Company in Ocean Beach. Stay after class for a complimentary drink of your choice.

January 18: JuneShine Adventures

Sweat, connect, and have fun at JuneShine's first outdoor adventure powered by Gut Check Fitness. Explore the Scripps Ranch neighborhood, get your muscles burning with a few bodyweight calisthenics (and high-fives) along the way, and top off the 90-minute workout with a kombucha in their new tasting room.

January 19: Strength in the City 2020 REBOOT: Yoga + HIIT for Charity

There's strength in numbers, so Yoga Six, F45 Training and Strength in the City are coming together for a fun workout benefitting Its All About the Kids Foundation. Reboot your healthy habits with a 30-minute yoga class and a 30-minute HIIT class at Waterfront Park followed by lunch at Beach Hut Deli.

January 19: Beer + Yoga at Pure Project

It's Sunday Funday in Banker's Hill. Grab your friends and yoga mat for a power yoga flow in Pure Project's taproom led by Sojourn Healing Collective. After, enjoy a pint of your choice — you'll purely be glowing from the inside out.