



THE WEEKLY RUNDOWN - 1/23/20

Here's what's happening in San Diego.

January 17 is the most popular day for New Year's resolutions to get kicked to the back burner, but I know that this crowd is still going strong with their health and fitness goals. But just in case you need a little inspo, I've got you covered with all the latest news from San Diego's health and fitness scene. Scroll down to read more.

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

This Is How We Row

No river, no problem. Opening this spring, **Row House** is about to make a splash in Little Italy. The indoor rowing studio is all about aerobic endurance, resistance training, stretching, and of course, rowing. So, if sweat-dripping workouts are your thing, we'd say this is your crew.

U Ready, UTC?

La Jolla's fitness scene is about to get even stronger. Decked out with weight racks, cardio equipment, and a sizeable turf area, **Renegade Fitcamp** is continuing its sweat legacy, introducing the folks further north in UTC to its HIIT-style bootcamp workouts this spring. The hardcore strength and conditioning gym hasn't set a formal opening date yet, but peep their [Instagram](#) and stay tuned.

Get That Bread

San Diego's own Netflix-famous brand [The Gluten Free Baking Company](#) (anyone else catch *Sugar Rush*?) is moving from wholesale to retail, and it's safe to say we're excited. In February, they're opening their first brick-and-mortar bakery in North Park, where they'll be dishing out all of your bready favorites, like cinnamon rolls, bagels, and cupcakes, all made without even a hint of gluten. Oh, and we've heard rumor there will be patio seating — we may or may not be counting down the days.

Home Sweet Home

New digs, who dis? **Buzzy booch brand JuneShine is moving down the street this spring to North Park's newest development, The Jackson**, bringing its laid-back, beachy style and lineup of hard kombucha drinks with it. And while we can't wait to check out the new tasting room, what we're really stoked for is the patio, where you'll find us sipping our go-to fermented bevvy in the San Diego sunshine.

☕ Caffeine Fiends

Bar crawls are so 2019. This year, we are all about coffee crawls. That's why we're excited that **San Diego's annual Caffeine Crawl is back this weekend** and better than ever. Taking latte-lovers from North County beach towns to La Mesa's hills, Point Loma, downtown, and everywhere in between, there's no way you won't have fun. And for any aspiring roasters or cuppers, the cafes and shops along the way will be offering a sneak peek of the process behind your daily pour over.

🧘 Working On Your Wellness

We love fitness, and we also love a challenge. So, we were thrilled to learn that **One Paseo is delivering on both this month**. Until the end of January, you can sweat it out and get your Wellness Trio Card stamped at BODYROK, SoulCycle, and Vibe Yoga for a chance to win a \$300 gift card to lululemon, among other prizes. **Fitt Tip:** even if you don't hit the goal, the giveaway celebration on February 1 is a must-attend event with dozens of wellness pop-ups and giveaways.

📅 Save The Date

January 25: Sound Meditation at the Japanese Friendship Garden

Round out the first month of 2020 with a soothing sound meditation in Balboa Park's serene location. Admission to the Friendship Garden begins an hour before the session, so you have plenty of time to explore before relaxing.

January 25: Poolside Yoga & Mimosas

Bend before bubbles on Saturday. Start the morning off with a 60-minute rooftop class at AquaVie before rewarding yourself with a well-earned mimosa.

January 26: F45 Training and Longship Brewery Present: Burn and Brew

HIIT up Longship Brewery for an intense workout with F45 Training. You'll get your adrenaline pumping, then enjoy your first pint at the pub for just .45 cents!

January 26: JuneShine x Vizer

Start your Sunday strong with back-to-back workouts. First, you'll lengthen and strengthen in a full-body CorePower Yoga class, then get your HIIT on with an hour-long sweat led by F45 Training. Stick around after for a brewery tour and a complimentary taster from JuneShine.