

Here's what's happening in San Diego.

PRESENTED BY


I can't believe it's practically February already! But don't think for a minute that things are about to slow down. Nope, San Diego's wellness scene is gearing up for Heart Health Month with dozens of chances to sweat it out and eat well. Read on for all of the hot happenings.

 Emily, [Fit](#) San Diego Local Contributor

Proudly Plant-Based

We might be nearing the close of Veganuary, but that's not stopping [The Plot](#) from opening its doors. **Though, this new plant-based concept in Oceanside isn't your average meat-free affair.** Case in point: you won't find any processed foods here, as the health-focused eatery makes all of its plant-based proteins (think chicken, burgers, and more) in-house. Did we mention it's also San Diego's first zero-waste restaurant? We'll make the drive up the coast for this place any day.

HIITing Up Coronado

With the recent announcement of F45 Training's plans to open a seaside spot on Coronado, it's clear the boutique brand is preparing a full-on takeover of the SD fitness scene. But hey, we're not complaining — we'll take a new place to sweat it out before some beach hangs any day. While we wait for the doors to open, you can catch us crushing burpees and box jumps at one of the Aussie-born functional fitness gym's nearly 20 other San Diego spaces.

We Ready, Westfield UTC

Luxury gym [Equinox](#) is making moves and joining the [Westfield UTC](#) family this spring. If you've never been to one of their high-end health and fitness clubs (they also have a location in La Costa), you're in for a real treat. Expect top-tier strength training and functional fitness areas, a Pilates studio, a spa, and a practically endless selection of daily group classes. No opening date has been announced yet, but we'll be sure to keep you updated.

Yoga... Two

Downtown's [Yoga One](#) is heading to the hills with the opening of its second location in early spring. Get ready for all of the yoga classes you already love, plus community and wellness events in a picturesque studio decked out with natural light, free parking, and canyon views. Namaste, ya'll.

Save The Date

January 31: Free Yoga Every Friday

Head to One Bunk Barrio Logan for lunchtime lunges. Every Friday, the unique lodging space offers [free, all-levels yoga](#) followed by a taco tour. Talk about the perfect way to cap off the week!

February 1: Muddy Dash 5K

Prepare to get down and dirty during this 5k fun run. In between running, you'll crawl, wade, slip, and slide around the course at Bates Nut Farm and create muddy memories to last a lifetime.

February 1: Oceanfront Yoga at Sunset Cliffs

Savasana is even better on Sunset Cliffs. Every Saturday, head to this tranquil, scenic overlook for a [donation-based Hatha/Vinyasa practice and guided meditation](#) with the ocean as your backdrop. Just remember to BYOM(at).

February 2: The Big Game 10K and 5K

Kick off Super Bowl Sunday with a 5k or 10k run along the beautiful Mission Bay. The fun doesn't stop at the finish line, though. All participants will receive a complimentary post-race drink and access to an epic tailgate complete with classic games like cornhole and ladder ball.

February 4: OG Yoga On Tap

Unroll your mat and flow through this Tuesday evening fundraiser. Enjoy a 60-minute yoga class at Barrio Logan's Thorn Brewing Co., followed by \$1 off all pints the rest of the night. All proceeds benefit local nonprofit OG Yoga.