

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



February is the month of love... and I'm already in love with what San Diego's health and fitness scene has in store for us this month. Okay, bad pun. But seriously, from new openings to fun and fit events, there are plenty of ways for you to start the month off strong. Let's just jump right into it.

👉 Emily, Fitt San Diego Local Contributor

### 🇮🇹 Little Italy Gets A Little Vegan

**The Yasai, San Diego's first vegan Japanese restaurant, is heading south!** That's right — after revealing its OG location back in November 2019, the healthy eatery is ready to introduce Little Italy to its meat-free sushi rolls. Scheduled to open on February 27, the popular plant-based concept will be serving up a similar selection as its Kearny Mesa counterpart, so expect comforting Ramen bowls, a vegan sushi bar, and an omakase tasting menu. In the meantime, check out the Convoy District spot for the full experience — word is they just announced some delicious additions.

### 🌿 Wild Child

San Diego is known for the beach, but **Normal Heights shop Wild Island Collective is bringing the jungle to the city.** The plant store and eco-friendly boutique is passionate about plants — and breathing in the pure, oxygenated air from them! And amid the gorgeous greenery, they host daily classes, like "Unwind" for stress release and stretching, "Wild," which focuses on mobility, organic movement, yoga, and breathwork, and even a meditative sauna session. Simply put: it's wild.

### ☕ Carlsbad Caffeine Stop

**Fresh off the launch of its fifth location, San Diego cafe Lofty Coffee Co. has announced plans for its sixth location in Carlsbad Village's new State Street Commons.** Opening in late 2020, the new shop will serve up the same sustainably-sourced coffee, delicious pastries, and breakfast and lunch bites that have made this place a go-to among the local community.

## Power Up In Pacific Beach

We're ready for you, Resilience. Golden Hill's dynamic, dual concept fitness studio (aka HIIT and yoga under the same roof) is heading to PB, opening its second location in the area later this year. And if the new gym is anything like their downtown digs, prepare for a lineup of high-energy strength classes and sweat-drenching hot yoga. An opening date has yet to be announced, but be sure to follow their [socials](#) for updates!

## Switch It Up

Bivouac Ciderworks is bringing a new sense of adventure to North Park. The crowd-favorite cidery is officially launching its Adventure Club. Pairing fitness with brews, they plan to host monthly events—think everything from climbing and hiking to SUP and yoga—followed by a flight of cider. The [first meetup](#) is on February 15 and includes a fun flow in the taproom. See you there!

## Save The Date

### February 9: Equinox x ALCHEMÉ Barre & Bubbles event (with a vitamin shot!)

No more Sunday Scaries! Get ready for the week with this muscle-sculpting barre class at Equinox La Costa. Stick around after to enjoy a delicious spread of light bites from Beaming, plus a free vitamin shot courtesy of ALCHEMÉ.

### February 9: Barry's Cares : A Charity Class for the Endure 2 Cure Pediatric Cancer Foundation

Sweat it out in the Red Room for a good cause. Not only will you get in a solid workout, but you'll be helping support the Endure 2 Cure Pediatric Cancer Foundation, a nonprofit organization that provides financial assistance to children and families undergoing cancer treatment.

### February 9: Fitbit Local Surf Shed Flow

Surfers and swimmers: this one is definitely for you. Prepare to hit the waves with this full-body yoga session at Bird's Surf Shed led by Fitbit Local ambassadors. Stay hydrated with complimentary ZICO coconut water, and hang out after for the chance to win a free Fitbit.

### February 9: 2020 Coronado Valentine's Day 10K, 5K and 1-mile Fun Run

The Coronado Valentine's Day 10K, 5K and 1-mile Fun Run is back! No matter what distance you choose, you can expect a fast, flat course with the Coronado Bridge as your backdrop. So, lace up and get ready to feel the love.

### February 11: Free barre3 Community Class

Grab your grip socks and head to A Time To Dance in North Park for a complimentary barre3 class. During the workout, you'll sculpt and tone from head to toe during a series of low-impact movements and cardio exercises.