

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

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Happy Valentine's Day weekend, fam! While we're stoked for the boxes of chocolate and overall positive vibes, what we can't wait to share with you is all of the ways that the SD health and fitness scene has shown up to help you celebrate. From heart-pounding workouts to Galentine's Day yoga and mimosas, you're in for a real treat.

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

### **Pedaling In Poway**

Grab your cycling shoes and *rush* over to Poway's new spin studio. Opened last week, **Rush Cycle's latest location has brought all the rhythm-based rides, sweaty beats, and fun community we've grown to love up north.** If you're headquartered down south, you can still get in on the tap backs, sprints, and jumps at their locations in La Jolla, Encinitas, Camino Del Sur, Mission Valley, and Carmel Valley.

### **Food Court Fix**

Who said food court fare has to suck? **La Mesa's new all-vegan food stall, OleriCultura, is changing the narrative.** Opened in the Grossmont Center last week, the casual counter-serve cafe specializes in plant-based plates influenced by traditional Mexican and California flavors. Swing by and indulge in drool-worthy dishes like heirloom grain bowls and a second-to-none pan dulce spread. Now, that's an excuse to go shopping...

### **Blue Bottle Buzz**

There's something brewing downtown. Coffee connoisseur and local favorite **Blue Bottle Coffee has officially opened the doors to its second San Diego location in the Tower 180 building.** And if that news wasn't enough to get you excited, the revelation that they'll be sharing the space with Mendocino Farms should do the trick.

### **See You At The Barre**

Get ready to go barre hopping. **San Diego is finally getting its own barre3 location.** The strength and flexibility studio will be located in the heart of North Park, and while no opening date has been set yet, they are currently hosting complimentary weekly pop-up classes at A Time to Dance to give you a sneak peek at the tucking and tightening workout.

### ♥ Flow For A Cause

**CorePower Yoga and JuneShine are teaming up this weekend for a charity event at JuneShine Ranch.** All donations from the relaxing between-the-barrels yoga class will be donated to The Theodore Madison Foundation, a nonprofit organization aimed at helping youth be more active through sport and recreation. Keep the good vibes flowing off the mat with a post-sweat hard kombucha — each yogi will receive an exclusive brewery tour and complimentary taster.

### 🚴 Study Break

If you're still in school and love a good adrenaline-fueled study break, you're in luck! **SoulCycle just launched student pricing,** which means undergrad and grad students can now snag a class or class pack at a rate that won't break your dwindling bank account. Ditch your studies and grab your cycling shoes for 45 minutes of book-less, sweaty fun.

### 📅 Save The Date

#### February 14: HIIT The BEAT x Vuori: Valentine's Edition

Skip the fancy dinner and celebrate Valentine's Day with this [high-intensity workout](#). Taking place at Vuori's recently renovated space in Encinitas, you'll get your heart rate up during a 45-minute HIIT session infused with energizing beats from a live DJ. Stick around for complimentary drinks from Kyla Kombucha and Ghost Tequila.

#### February 15: Yoga in the City

Kick off your Saturday with a [fresh-air flow](#) led by the expert instructors of Yoga One. Taking place at the Horton Plaza Park Amphitheater, you'll stretch it out during a relaxing yoga session before ending class with a sun-soaked savasana.

#### February 15: Galentine's Day Yoga at THC

Get in on the Galentine's Day festivities with this [fun rooftop flow](#) at The Holding Company in Ocean Beach. Bend and stretch alongside your best gals, then enjoy a post-sweat mimosa.

#### February 18: 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 60-minute workout, you'll sculpt and tone from head to toe during a series of low-impact, muscle-burning movements and cardio exercises.