



THE WEEKLY RUNDOWN - 2/20/20

Here's what's happening in San Diego.

PRESENTED BY

noom.

After a refreshing three-day weekend, I'm feeling geared up and ready to get back after it. Luckily, there's a whole new lineup of exciting health and fitness happenings going on in SD this week and I plan to hit up every single one. See you there!

👋 Emily, Fitt San Diego Local Contributor

🍷 Sip Local

Booch, please! Vista's **Local Roots Kombucha** is heading down south this spring thanks to a new tasting room they have in the works. The boozy booch brand is moving into East Village this season alongside plant-based Spoiled Vegans Cafe — foodie dreams really do come true. And if you aren't already stoked enough, they'll also be going coastal this summer (just in time for #beachszn), with a second tasting room planned Cedros Dr. in Solana Beach!

❄️ Straight Chillin'

A cardio and cryotherapy combo is music to our ears. That's why we could barely contain our excitement when **CycleBar Hillcrest** announced it's partnering with Chiltonic, so you can rev up and then rest up. If you're a studio member (or on a monthly four- or eight-pack class pass), you can now treat yourself to four cryotherapy sessions a month and one compression boot session for three months. It's a match made in health heaven.

💎 Pure Bliss

Local biz **Live Blissed** is teaming up with **JuneShine** for a one-day wellness retreat designed to help you take a breather and dedicate some time to yourself. Hosted at the JuneShine Ranch, the digital detox event will be packed with yoga, educational talks around nutrition, acupuncture, team building, plant-based eats, and, of course, kombucha. Sounds awesome, right? Well, it gets better because all proceeds from the retreat will support the Australia Fire Relief.

Hello, Hybrid

It's the best of both worlds at Versatile Fitness. **The Pacific Beach gym is merging its two signature workouts— bootcamp and cycling—into one special class: Revolution Hybrid.** The 45-minute mashup mixes high-intensity cycling and indoor/outdoor functional strength training in one killer, full-body sweat session. Spots fill up fast, so peep the schedule early to get in on the action!

Save The Date

February 22: Sunrise Saturday: Community Workout

Start your weekend with a free workout at the San Diego Convention Center Stairs. In addition to a series of glute-burning stair climbs, expect HIIT-focused circuits, cardio moves, and a lot more during this fun bootcamp-style class.

February 23: Daybreaker SD - One Love 2020 Yoga + Dance Party

Feel the love during this Sunday afternoon sweat party at Quartyard. Kick things off with an hour-long energizing yoga sesh powered by a live DJ, and then take it to the dance floor for an epic outdoor celebration complete with live performances. When you need a breather, refuel with free kombucha, healthy breakfast bites, Daytrip sparkling water, or non-alcoholic beer from Brooklyn Brewery.

February 23: Sunday Funday: KickFlow + Brews

Sweat before you sip at North Park's Original 40 Brewing Company. Start your Sunday with a muscle-burning KickFlow class that combines yoga, cardio kickboxing, and strength training, and then cool off with on a cold craft beer from Original 40. Stick around for fun raffles and prizes.

February 29: Poolside Yoga & Mimosas

Take your Saturday morning yoga sesh to the next level by unrolling your mat in the SD sunshine. Bend and flow during a 60-minute rooftop class at AquaVie before rewarding yourself with a well-earned mimosa.