

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

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New month, new season... and new health and fitness options. As we kick off the new month (how is it already March?!), San Diego is bringing its A-game, with a handful of new coffee shops, sweaty studios, and core-crushing events. Read on for the full scoop.

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### 👊 Girl Power

Girls run the world at lululemon this weekend. In honor of **International Women's Day**, the **UTC**, **Fashion Valley**, **Girard Street**, and **Carlsbad shops** are all hosting complimentary workouts with local studios like Equinox, SALT Hot Pilates, SPARKCYCLE, and YoFiT to celebrate the women putting in the extra sweat for gender equality. While you're in-store, enjoy a special discount and some post-workout fuel.

### ☕ Latte Good News

From OB up to Miramar, something is brewing in San Diego. **Fresh off its opening last month**, **Vili's Health Bar** is serving up organic blends, signature superfood drinks, and bullet coffee inside of **OB's Synergy180**. Hello, post-sweat coffee dates. We're here for it. For those of us further north, Better Buzz announced its newest location in Miramar, just outside of Saint Archer Brewing Co. Doors open this spring, and you know we're already counting down the days.

### 🧗 It's The Climb

Oceanside's newest studio, **Versa Fit** is seriously upping the ante. The sleek addition to Lagree Fit is centered around the VersaClimber, a cardio and full-body "climbing" workout machine that's unlike anything we've tried before. While the workouts are only 30 minutes, trust us: you'll be sweating in no time.

## **Code Red**

Sweating it out takes on a whole new meaning at Red Effect Carmel Valley. The studio offers all of the benefits of an infrared sauna combined with the benefits of a killer interval, kickboxing, or cycling workout. And get this — **they just announced the addition of brand new classes, including Monday PM and Saturday AM kickboxing and Wednesday morning yoga sculpt.** Now there are even more chances to detox, get strong, and put your body to the test.

## **Save The Date**

### **March 7: Sunrise Saturday: Community Work Out**

Kick off 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 sweat session.

### **March 7: The Burpee Mile San Diego**

Hermosa Beach's gnarly Burpee is making its way down to Silver Strand State Beach for those seeking a challenge. Yes, this is exactly what you're thinking: burpees with broad jumps for an entire mile. Whether you team up with your buddies or take this mile on solo, you're guaranteed to be drenched in sweat by the last leg.

### **March 7: Plant-Based Charcuterie Board Cooking Class**

Life is too short to not eat cheese — and 2020 is your year to master the art of the insta-worthy vegan charcuterie board. In addition to learning how to craft show-stopping spreads, you'll take home a recipe and ingredient list to hone your skills in your own kitchen.

### **March 7: Mimosas on the Mat**

San Diego's newest pop-up yoga experience truly pops. Kick off your Saturday with a fun and invigorating all-levels flow, and then celebrate with a mimosa and sweet company after class. The experience is sure to leave you juiced.

### **March 8: Yoga Out Loud on the Terrace**

Head to Presidio Park for an all-levels, donation-based Hatha yoga class. As if the sweeping view of the city and the much-needed stretching isn't enough, the class is paired with a live deep house DJ to keep you in your zen zone.

### **March 10: Make Gluten-Free Pizza & Drink Wine @ Buona Forchetta**

No gluten, no problem. Learn the secrets to tossing your own gluten-free dough and blending toppings — all while tipping back wine on the patio of Officine Buona Forchetta. You'll leave with a full belly, a ball of dough for later, and a shirt declaring you a bonafide pizza maker.