



THE WEEKLY RUNDOWN - 10/17/19

Here's what's happening in San Diego.

A new week means new intentions, and we're ready to tackle the rest of October head-on (with a pumpkin spice latte in hand, of course). Fortunately, San Diego's lineup is making it easy for us to sweat our way toward our monthly goals. Read on for the latest San Diego health and fitness news.

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

Rize Up

Text the om-ies and get ready for a fun sweat date — [Rize Studio](#) has **officially opened its doors in East Village**. You won't find your average Vinyasa class at Rize. Instead, the airy studio offers signature Flight Yoga sessions using aerial silks and Yoga Vibe(Rate) classes that are reminiscent of a chill [silent disco](#). To top it all off, there's still time for you to take advantage of some discounted membership rates so you can rise up to the new workout challenge.

Get That Bread

Are you ready to transform your lunchtime routine? Everyone's favorite sandwich market, [Mendocino Farms](#), is **making the move to downtown San Diego this January**. We've fallen hard for their vegan banh mi, thoughtfully made salads, and seasonal dishes, and we can't wait for their fourth space to open its doors in a few months. But, if you can't wait (we're right there with you), head to their other spots in [La Jolla](#), [Del Mar](#), or [Carlsbad](#) for your sandwich and salad fix.

Keep It Cool At Claro

ICYMI, **Claro Coffee** opened its handcrafted doors (the entire space is made out of Claro walnut wood!) in Linda Vista this August, and it has quickly moved up on our list of top coffee shops in San Diego. The coffee bar offers up Zumber Coffee and pastries from local fav [Bread & Cie](#), making it a great spot for an afternoon boost. Looking for to refuel after a sweaty class at nearby [Modo Yoga](#)? Splurge and cool off with the Mazagran—a mix of cold brew, lemon juice and simple syrup—for a sweet treat.

Give 'Em Pumpkin To Talk About

Hey, PSL lovers: we have exciting news for you. [Pure Press Juice Bar](#) has unveiled their newest smoothie, and it embraces all things fall. Make your way to the shop to try out the [pumpkin smoothie](#), available for a limited time. Loaded with banana, whey protein, pumpkin spice, dates, almond milk, and agave, this blend actually is as nutritious as it is delicious.

Pure Indoor Cycling x The Mudbar

A coffee and cardio combo is where it's at, and [Pure Indoor Cycling](#) gets it. Much to our benefit, [the downtown cycling studio \(one of our favorites\)](#) announced a [partnership with The Mudbar](#) to make all of our post-sweat sesh dreams come true. And you don't have to sit around and wait for your drink if you're trying to rush out the door. Just place a coffee or smoothie order at the front desk before your lunchtime ride and, when you're finished with class, your drink will be waiting for you.

Better Buzz Is Coming To Escondido

Are you ready to get buzzed, North County? A caffeine buzz, that is. [Better Buzz](#), one of our favorite coffee shops, is expanding by heading up the highway to Escondido. They'll be cutting the tape and opening their doors (and drive-thru, for those of you rushing off to work!) later this year, so you can start mapping out your new route into the city.

Spooky Szn At Sojourn Healing Collective

It's all treats—and no tricks—at [Sojourn Healing Collective](#) this month. The yoga studio is holding a spooky bring a friend to class deal this month's deal. For the rest of October, your BFF can come flow with you for free. We're so down(ward dog) with this discount, and, luckily, we still have a couple of weeks to take advantage of the deal.

Save The Date

CAF Community Weekend

OCT
18

Calling ALL triathletes of ALL abilities! This weekend, the Challenged Athletes Foundation is hosting its [biggest celebration of sports and community](#). Register for one of the many races or classes if you're up to the challenge. If not, head out to La Jolla to cheer on the athletes as they take on the seaside races.

Yoga After Dark at the Gliderport

OCT
18

Are you afraid of the dark? [This after-hours yoga class and meditation session](#) will allow you to tune into an epic playlist while flowing to the rhythm of the beats. Stick around to meet with vendors and enjoy the hard-to-top San Diego sunset.

Vegan Baked Sale

OCT
19

Coffee and vegan treats? We're sold. This weekend, Tired Eyes Coffee, El Burro Rayado Donuts and Unison Baking Co. are teaming up to sling all of the goodies for the vegan community [at the Tired Eyes shop in East Village](#).

LIVE MUSIC & YOGA

OCT
20

Block off your calendars every Wednesday for an early lunch break, because The Om Experience is ready to lead you through a [weekly Vinyasa yoga practice in Balboa Park](#). What's better than flowing to the beat of the live music to break up your week?

OCT
20

JuneShine x Pure Barre

Barre and booch? Yes, please! Head to the JuneShine Ranch [this weekend](#) for a full Pure Barre class, followed by a flight of kombucha. After the class, JuneShine's restaurant, Enclave, will be serving up drool-worthy brunch options.

OCT
20

Boxing & Bloody Marys

Think pink at The Estancia La Jolla's *knockout* garden workout event this weekend. The Boxing Club Sport & Fitness will be hosting a [boxing workout](#) for a good cause, followed by boozy drinks. Tickets also include a pool day pass (so bring your suit!) and valet parking. Portions of the ticket sales will be donated to Susan G. Komen San Diego.

In Other News

Bonjour, Zinque!

Oh, la la! ICYMI, LA-based French cuisine restaurant Zinque opened its doors in the heart of Little Italy last month, and they have us saying, "Ouil!". Check out the hip space offering both decadent dishes and healthy(ish) bites the next time you're in the neighborhood: [the neon entrance sign](#) will lead you straight to it.

Secret Sips

We're letting you in on a special secret: Kilowatt Brewing opened recently opened [Forbidden Cove](#) a beer-centric tiki bar and speakeasy inside their Clairemont Mesa location. Those who know the rules can access the tropical hut on Thursdays, Fridays, and Saturdays. But don't delay: we suspect word about this hidden place will spread pretty quickly.