

Here's what's happening in San Diego.

PRESENTED BY
Cirkul

After cheering on all of the runners at this weekend's first-ever lululemon 10K and the Silver Strand Half Marathon, I'm more motivated than ever to kick it into high gear during the last six weeks of 2019. Luckily, San Diego's food and fitness scenes are making it easier than ever for me to reach my fitness goals.

👉 Emily, **Fitt** San Diego Local Contributor

🌱 Yass, Yasai!

Just in time for World Vegan Month, a new plant-based restaurant is opening its doors in the Convoy District. The Yasai will be San Diego's first vegan Japanese concept when it cuts the ribbon this week. Vegans and carnivores alike will delight in the restaurant's stacked menu that's full of veg-friendly rolls, savory ramen, and artisanal apps. They plan on hosting a soft opening starting tomorrow, November 15, through November 21. And don't wait to RSVP to the official grand opening. Trust me, this is one grammable eatery you won't want to miss.

☕ Jazzed For Java

San Diego's largest coffee event is back and more brewtiful than ever. Cold Brew City Fest combines tastings from over 20 vendors, like Bird Rock Coffee Roasters and Oatly, with live music, art booths, baked goods, and foodie faves for one epic—and highly caffeinated—festival. Fire off that group text and get your tickets now for the party at Parq West in Banker's Hill this Saturday, November 16. There's already a lot of buzz around the event, so don't miss your chance to celebrate all things creative and, of course, cold brew.

🏂 Prepare The Skis, Please

Believe it or not, snow bunnies, but **ski season is officially underway!** Mammoth Mountain kicked off the snowy season, and many other mountain resorts, including [Squaw Valley](#) and [Alpine Meadows](#) and [Mountain High](#), are set to open later this month with fresh powder. [Big Bear Mountain Resort](#), a San Diego favorite, will cap off the month with a November 29 opening that will be complete with their [new 26,000-square-foot sun deck](#). **Prepare to shred the gnar this winter by reading up on [SD's best ski spots](#).**

Uncommonly Good

Food halls are having a moment right now, and America's Finest City has added another one to its list. [Park Commons](#) opened earlier this week in Sorrento Valley, joining the ranks of San Diego's hottest food halls. Packed with a coffee shop and full-service bar, plus healthy sandwiches from Dr. J's and Best Dressed's soups and salads, this hall is about to become my favorite lunch (and let's be honest, happy hour) spot.

Have An Ice Day

When in doubt, skate it out! **Rady Children's Ice Rink is officially open in Liberty Station**, so you can skate under the sun. Open through January 5, 2020, all proceeds from your skating soirées with friends and family will go toward Rady's Thriving After Cancer program. And no, you don't have to be a minor to use the rink, though it helps to be a kid at heart!

Hooked On Kearny Mesa

Kearny Mesa's newest fitness studio is about to pack a punch. **The Boxing Club Sport & Fitness is opening up its third location in the central hood on December 7.** Not a boxer? The Boxing Club also offers numerous group fitness classes, including Muay Thai, HIIT sessions, jiu-jitsu, Pilates, yoga, and cycling. Stay tuned to their [website](#) for grand opening details.

Trilogy Treats

The season is changing, and so is Trilogy Sanctuary Cafe's vegan menu. The rooftop paradise launched a new menu last week, and it's full of autumnal dishes like the harvest bowl, winter salad, rosemary potatoes, and pumpkin pie. Trust me: it's anything but basic.

Save The Date

Sweat for Service

NOV
16

Sweat for a good cause aboard one of San Diego's most iconic venues, the USS Midway. Though pretty much every San Diegan has taken the radio-guided tour of the famous ship or sailed past it on a dinner cruise, not many will be able to say they took a workout class on the boat. Make yourself one of the few who have flowed atop the Midway, and snag a peek at the vendors will you're there. Don't forget to BYOM(at)!

Bikes and Beers San Diego 2019

NOV
16

The bike ride of epic proportions is back for its sixth year! Start with some caffeine and pastries at Societe Brewing before you [cycle through San Diego](#) on the 15- or 30-mile routes that feature refueling stations along the way. End at the finish line party full of music, food, raffles and, of course, beer.

Vizer x F45 Social Hour

NOV
16

Vizer and F45 Little Italy are teaming up for a thrilling sweat sesh. Join in for a 30-minute HIIT Hollywood workout followed by a tasty meal at Parakeet Cafe. Parakeet will be offering discounted lunch rates, plus a glass of wine for \$1 with any meal to all participants.

JuneShine x House of Yogi

NOV
17

Hit up the JuneShine Ranch this weekend for a relaxing practice before the kombucha gets flowing. The House of Yogi is hosting a donation-based class in the taproom, which will be followed by a brewery tour and a complimentary JuneShine sampler.

Pilates, Prosecco & Pies

NOV
17

Say sayonara to Sunday Scaries with Estancia La Jolla's #SelfCareSunday series. Don't miss the final event of the series as the hotel partners with lululemon to bring you a 50-minute Pilates class, giveaways, complimentary cocktails, healthy and decadent bites and exclusive discounts.

Fitbit Local 4 Years of Fit Party

NOV
17

Wrap up your weekend with a sweat-inducing, all-levels workout when [Fitbit takes over Fit Athletic Mission Beach](#)! This full-body session is mixed with weights and cardio set to jam played by a live DJ. Who knows, maybe you'll be the lucky participant who takes home the Fitbit prize!

In Other News

ICYMI, [Donut Bar](#) expanded into [Pacific Beach](#) last weekend. The new outpost is now slinging the shop's famous decadent donuts all day long for the perfect post-beach splurge. I think it's time to treat yo' self...

Shoutouts

Shoutout to [Tiffany](#), CYCLEBAR's newest [CycleStar](#)! Catch coach Tiffany on the bikes at the [Hillcrest studio](#).

Welcome to the Bird Rock Fit team, [Lily](#)! Start training with her on December 1.

Kudos to Senya, Honey Yoga's newest teacher. You can flow with her on Saturdays at 8am!

Sign up for a class with [Ashley](#) — she has a new spot on ReUnify Yoga's schedule! She's [taking over](#) the 8:30am Hatha class!