

Here's what's happening in San Diego.

Thanksgiving may be over, but I'm still feeling all the grateful vibes this week. Between San Diego's crisp mornings and sunny afternoons, endless sweat options, and mouthwatering menus that can be found all around town—not to mention Giving Tuesday taking place earlier this week—what's not to be thankful for?

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

Belay All Day

Get your chalk bag out for this news, San Marcos climbers! **Mesa Rim has broken ground on its third location in North City**, right across the street from Cal State San Marcos. The 28,000-square-foot full-service rock climbing and bouldering gym will feature 52-foot walls, plus space for yoga and fitness classes. And although they have yet to *really* start construction, they're planning to open their doors by early August 2020. Can't wait that long? Visit the [Mira Mesa](#) or [Mission Valley](#) spaces to get your bouldering fix.

Sweatin' In Solana Beach

Beach days at Fletcher Cove are about to get even more fun and functional. **F45 Training announced a new seaside location in North County's Solana Beach**, so you can take a HIIT session in the studio before you *hit* the beach for a much-needed post-workout dip. While I wait for the new outpost's doors to open, you can catch me sweating it out at one of the Aussie-born gym's nearly 20 other San Diego spaces.

Go For The Greens

New health-focused hotspot, Promiscuous Greens, is starting to stir up interest... and they haven't even opened yet. Run by a father-daughter duo, **the Garnet restaurant will offer a rotating menu of soups, salads, bowls, and froyo that will be based on seasonal produce**. The eatery is expected to open in early 2020, and I'm already packing my appetite.

Northside x North Park

Acai you, Northside Shack. **Point Loma's bowls and blends eatery is opening its second location in North Park**, so inland folks can get their fresh dose of produce. No formal opening date has been set yet, but we'll be keeping a close eye on the smoothie spot's social channels for updates.

Hay, La Jolla

Spring Valley is sharing one of its freshest markets with La Jolla, and I think you'll want to take note. **Valley Farm Market has opened the doors to its second location, a modern La Jolla space, and brought some fresh changes along with it.** Foodies are flocking to the market for its sustainable seafood and local organic produce. The cherry on top? A full-service, made-to-order kitchen featuring award-winning BBQ and deli favorites. My current order consists of the signature ahi tuna poke nachos (yes, you read that correctly).

Save The Date

December 7: Daybreaker SD/1 Year Anniversary/Yoga + Dance Party

Rekindle your spirits with a festive yoga flow before you sleigh—er, slay—those dance moves and shake it like a snow globe at [Daybreaker's epic one-year anniversary party](#). The celebration will feature free 'booch, breakfast treats, and live performances to keep the fun going all morning.

December 7: Fitbit Local Holiday Sweat

Get into the holiday spirit with this festive [fitness sesh](#) in Horton Plaza Park! Start your day with an energetic bodyweight workout before a chance to score a Fitbit. Don't forget to dress to impress to win the best holiday costume contest!

December 7: Yoga in the City

Free Yoga in the City is back with weekly yoga sessions all month long. This local favorite pop-up class is led by the expert instructors of Yoga One downtown, so you know you'll be getting in a good flow... without the hefty price tag you'll find at most boutique studios.

December 7: HIIT + Yoga + Cryotherapy

GoCryo is celebrating their grand opening with a whole-body and mind, movement and recovery experience. HIIT it hard and then flow it out, followed by a discounted cryotherapy recovery session.

December 8: Del Dios Trail Half Marathon, 10K, and 5K

Limber up for the fifth annual Del Dios Trail Half Marathon, 10k and 5k. THE RACE OF THE GODS features out-and-back courses that will keep you on your toes. Trek up the short, steep trails around Lake Hodges and prove you have what it takes to conquer one of the area's best endurance races.

In Other News

Winter Wonderland

'Tis the season... for a festive cocktail. This weekend, Polite Provisions transformed into its annual Miracle on 30th pop-up bar. The festive bar has become a holiday oasis decked out with seasonal decor and themed drinks. But hurry — you only have a few weeks left to check it out!

Bottle Rocket Hits East Village

It's time for takeoff! [Bottle Rocket Bar & Grill](#) has officially debuted in the space that previously housed Monkey Paw in East Village. The menu is packed with pub faves and a local beer list, so quit monkeying around and venture over to see what they're all about!

Shoutouts

Give a warm welcome to [@sara_henry_2](#) as she takes on her new timeslot at [CycleBar Hillcrest](#)! She's clipping into the [7am Saturday class](#), so wake up early to ride with her!

Congrats to Studio Barre Mission Hills instructor [@ashhhhp](#) for hitting 100 classes in her first year! Way to go, Ashley!

Have something exciting you want us to shout out? [Fill out this form](#) for a chance to be featured!