

Here's what's happening in San Diego.

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Holiday festivities are in full swing in San Diego. Downtown is decked out in lights, holiday cocktails are pouring, and the air is a little chillier on my morning seaside walks. While the season may be changing, San Diego's health scene is not. Get ahead of the winter solstice by checking out what's in store for this week's seasonal sweat and sip opportunities.

 Emily, [Fit](#) PGH Local Contributor

Coronad-FLOW

You'll want to get down(ward dog) with this, Coronado. **The island is about to get a new yoga studio—Yoga on C—that will feature everything from Vinyasa to yin classes.** As if yoga near the beach wasn't already a great enough incentive, Yoga on C is offering a pre-opening unlimited special of \$99 per month! The studio is currently finishing up with construction, but count on them to cut the ribbon to their space later this month or in early 2020. In the meantime, join instructor [Erin A.](#) for a flow at Martial Arts America Dojo on Fridays and Sundays.

Chiropractique x FIT

Third time's a charm! **Chiropractor, massage, and acupuncture hotspot Chiropractique is partnering with Fit Athletic Club to open its third location—this time in the Fit Carmel Mountain gym—so members can get their total wellness all in one place.** The new one-stop-shop opened earlier this week, so time to get crackin'! Word on the street is that Chiropractique will be opening up in Encinitas and Downtown San Diego soon, too, so keep your eyes peeled.

Farm to Table

San Diego is all about the fresh, locally-sourced cuisine, and Farmer's Table is delivering. **This week, the popular farm-to-table restaurant announced plans to open its fourth location in South Bay.** Set to open soon into the new year, you can expect they'll be replicating the other three eateries' recipes for success by serving up fresh, organic ingredients and unique Italian-inspired dishes for breakfast, lunch, and dinner.

🤔 Graze On This

I didn't think it was possible, but trust me when I tell you that Little Italy is about to get even tastier. Sam the Cooking Guy (you may know him from TV, YouTube, or Little Italy Food Hall's Not Not Tacos) is opening up a second eatery in the Piazza della Famiglia: Graze by Sam the Cooking Guy. **The restaurant will offer salads, sandwiches, and shareable, "grazing" plates, as well as a full bar and bottle shop.** The spot isn't set to open until early 2020, but I'm already counting down the days...

👉 Take It To The Court

Quick, name the fastest-growing social sport in the nation. Stumped? We've got the scoop: it's pickleball, and it's our favorite way to work up a sweat. And **if you're itching to get in on the action (we don't blame you), snag a Fusion LE or Fusion Pro paddle from our friends at GAMMA Sports** to get started. Both are great for beginners and, if you ask us, are a pretty solid holiday gift idea for anyone in your crew.
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📅 Save The Date

December 14: San Diego Santa Run

Get ready to ho ho hustle your way to the finish line with Pacific Beach's annual Santa Run. You don't need a sleigh to make your way down Garnet Ave. during your 5K fun run, and don't worry about carrying a bag full of toys if you choose to tackle the one-mile route. Dress in your holiday best, so you'll be ready to watch the annual Pacific Beach Holiday Parade post-race!

December 14: Gluten Free Bread Baking with Chef Sabine

Looking to expand your culinary expertise? Leave it to the experts to teach you. This gluten-free baking class with Chef Sabine at W.D. Dickinson will provide you with the top techniques to master a good and good-for-you bread.

December 14: 2nd Annual West Coast Santa Paddle

Santa traded in his sleigh for a SUP this season! Meet up with West Coast Paddle Sports, The SUP Connection, and SUP Pups California in Liberty Station for the 2nd Annual Santa Paddle! Don't have a board? Rentals will be available for a small fee.

December 14: December Full Moon Hike

Enjoy sunset views and a beautiful moonrise from the top of Iron Mountain during December's Full Cold Moon. This hike is all ages and pet-approved, and all participants receive raffle tickets for some fun swag!

December 21: San Diego Holiday Half Marathon

Get into the spirit this season with the biggest holiday race in the area! You'll catch scenic views as you make your way along the rolling bike path to the breathtaking (or is that due to the race?) Torrey Pines State Beach. Celebrate your finish—and perhaps a PR?—as you take on 13.1 before the year ends.

👉 In Other News

Guess Who's Back, Back Again...

Just in time for winter, it's time to get nice and toasty. [Moto Deli](#) has finally reopened its doors in Encinitas, so you can surf and get your sammie fix. I'm eyeing the hot Turketta (hello, apricot mostarda!) and the Veggie!

Now Pouring

It's whiskey business in Oceanside thanks to the opening of [Pacific Coast Spirits](#), a new craft distillery and restaurant. They're serving up variations on whiskey like bourbon and single malt, so you can imbibe up north. Not a whiskey person? Pacific Coast Spirits has you covered with their gin, vodka, brandy, and agave spirits, too. Cheers!

👉 Shoutouts

Congrats to [Rush Cycle Encinitas](#) instructor [Kiana](#), who is celebrating her [engagement](#)!

Welcome, Amy, to the Hapa Yoga & Fitness family! She'll be teaching a [gentle flow](#) every [Tuesday evening](#).

Happy barre-versary to Bar Method Point Loma instructor, Julie! She recently taught her [1,978th class](#). Yes, you read that right — 1,978!

Cheers to Jaclyn, Yoga Box's newest instructor! Catch her on the schedule at the [Hillcrest studio](#).

[Belle + Barre](#)'s latest class format, KickFlow, is coming in hot! The class was created by instructor [Leah](#) and is guaranteed to give you a solid sweat!