

Rhythm & Vine's Active Tuesdays Series Promotes Fitness In Its Outdoor Garden

by [Lyssa Goldberg](#) | March 2017



While on most nights of the week, Rhythm & Vine is a great gathering space for unwinding with a craft cocktail and appreciating the music of local DJs or live bands in Fort Lauderdale, on Tuesdays—when the Flagler Village beer garden is typically closed—it will transform into a pop-up fitness venue for the community.

Launching March 14, [the venue's new Active Tuesdays series](#) will offer outdoor workout classes with local boutique fitness studios as the sun goes down. Held Tuesday nights throughout the spring, the program—sponsored by Gold Coast magazine—includes participating fitness partners such as CycleBar, CrossFit Empirical and The Fit Shop.

Previously, Rhythm & Vine dabbled in offering outdoor yoga classes, but they didn't happen regularly, often due to weather interruptions. General manager Bobby Velez said he's looking forward to bringing that fitness aspect back.

"I do know a lot of people throughout the community have been asking about when we'd be starting this again," he said. "I'm most excited to give the community back what they most enjoy. ... That doesn't mean it's always about DJs, bands, live music. It's just something unique and different."

From yoga and meditation to interval training and bootcamp workouts, each 60-minute guided wellness activity will be led by a local instructor beginning at 7 p.m. Tickets for Active Tuesday classes range from \$20 to \$25 and can be [purchased on Eventbrite](#).

All of Rhythm & Vine's outdoor furniture will be removed for these events, so that the open astroturf can feature the workout equipment necessary for each class.

"I don't know any place that puts a bunch of bicycles in the middle of an outdoor space," Velez said, referring to the upcoming CycleBar event on May 2.

Following each session, participants will be able to browse an indoor pop-up marketplace of local vendors, open only to attendees. Guests can expect to find products from local activewear brands, as well as healthy goodies like food samples or fresh-pressed juice.

Velez said he expects a lot of the participants to be people who already frequent Rhythm & Vine—many of whom like to let loose at the local hangout on weekends but, during the work week, live an active lifestyle—but he also hopes to see new faces. And if it goes well, Velez says, Rhythm & Vine will keep the series going.

"We're all about the local love here," he said.

For the complete Active Tuesdays schedule, see below:

March 14: Nikkii Bear (Yoga)

March 21: PumpFit (Bootcamp)

March 28: The Fit Shop (Interval Training)

April 4: CrossFit Empirical (CrossFit)

April 11: Nikkii Bear (Yoga)

April 18: PumpFit (Bootcamp)

April 25: Guided Meditation with Vibe Veda (Meditation)

May 2: CycleBar (Cycling)

All classes will be held on Tuesdays at 7 p.m., weather-permitting. If an event is canceled due to weather, Rhythm & Vine will issue an announcement on social media, and purchased tickets will be refunded or can be transferred for use during another event.