

September 16th, 2026

Workout & wine? Find restaurants & bars pairing exercise with bites & brews



Come for the downward dog, stay for the draft beer.

Some of South Florida's bars, restaurants and even a groovy nightclub are putting wellness on the menu — hosting fitness meetups that pair a workout with a well-earned drink or bite to eat afterward.

It's a win-win for members of the health-minded crowd who aren't willing to trade their bar tabs for gym memberships.

Gather at local breweries for a group run before circling back to quench your thirst. Recharge doing pilates on a rooftop with ocean views and refreshing mimosas. Or join a barre workout at a disco bar while raising funds for a community initiative.

Ready to pregame your happy hour with some exercise? Below, find places where you can sip, sweat and socialize in Broward and Palm Beach counties.

Ales & Asanas: Alyssa Gruber has been putting on fitness events at breweries for a decade, mixing craft beer samplings with yoga poses while supporting local businesses. "We think it's not about touching your toes; it's about learning and meeting new people along the way," according to her [website](#). She

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offers two one-hour vinyasa flow events in South Florida. Every week, there's Sunday Yoga & Beer at LauderAle Brewery (3305 SE 14th Ave., Fort Lauderdale), starting at 10 a.m. Test your balance when a signature beer is added to the final pose. Registration is \$18 online or \$20 at the door. Plus, participants get a 20% discount on post-session purchases at the bar. Then on the last Thursday of each month, Yoga at Tripping Animals (3555 N. Dixie Highway, Oakland Park) takes over the beer garden at 6:30 p.m. Bring a mat, water bottle and hand towel. Cost is \$12 online or \$20 for walk-ins. Beers are Buy One, Get One after class. Visit alesandasanas.com/classes.



Stretch and then sip at yoga sessions offered by Ales & Asanas at two Broward County craft beer spots. (Gabriel Rodriguez/Courtesy)

Gentle Yoga Class: Galuppi's restaurant (1103 N. Federal Highway, Pompano Beach) has partnered with [Yoga hOMe](https://yogahome.com) for an evening of movement and mindfulness during a free, all-levels yoga class from 6:15 to 7 p.m. Sept. 16 and Sept. 30. Purchase an entree to get a free beer or glass of wine after class. There's also a Sunday Pilates & Brunch Wellness Event scheduled, with Club Pilates offering free sessions at 9:30 or 10:30 a.m. Oct. 25. Bring a mat and water. After pilates, refuel with an all-you-can-eat brunch buffet and shop the wellness vendor market until 12:30 p.m. Brunch is \$26.99 for adults (includes free mimosa or bellini) and \$13.99 for children. Both events take place outdoors overlooking the golf course. Visit galuppis.com to register.

Gentle Yoga Poolside: Wine + Garden (608 Breakers Ave., Fort Lauderdale) will offer free Gentle Flow Yoga with [Rachel Farmer Wellness](https://rachelfarmerwellness.com) at 7 p.m. Sept. 23 and Sept. 30 around the pool. Wednesdays also

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happen to be Girls Night Out at Wine + Garden, which means happy hour from 4 to 6 p.m., live music from 7 to 9 p.m., and wine specials all night for women. Visit [eventbrite.com](https://www.eventbrite.com).



Head up to the Pier 6 Rooftop in Pompano Beach for Pilates & Mimosas with an ocean view. (Sarah Reimer/Courtesy)

Pilates & Mimosas: Kristen Segarra from [Intentions Pilates & Hot Houz](https://www.intentionspilates.com) will lead a one-hour rooftop pilates class at 10 a.m. Sept. 20 at Pier 6 Rooftop (200 N. Ocean Blvd., Pompano Beach). After the session, sip a free mimosa, savor the ocean views and connect with others. Cost is \$15. Bring a mat. Visit [eventbrite.com](https://www.eventbrite.com).

Run To Hops: The Fort Lauderdale Road Runners start their free two- or four-mile run at 6:30 p.m. every Tuesday at Dangerous Minds Brewing Co. (1901 N. Federal Highway, Pompano Beach). Afterward, the club supplies water and Gatorade for participants, who also receive 15% off all food and craft beer. Visit [dangerousmindsbrewing.com](https://www.dangerousmindsbrewing.com).



Lauderdale Run Club members take off from Huizenga Park and return to meet up at nearby Mr. Smash Burgers on Tuesdays. (Fort Lauderdale DDA/Courtesy)

Huizenga Park Weekly Two Mile Run Club: The Lauderdale Run Club meets at 6:15 p.m. Tuesdays at New River Landing at Huizenga Park (32 E. Las Olas Blvd., Fort Lauderdale) to check in, stretch and socialize. The free run, jog or walk begins at 6:30 p.m. with a two-mile route along Riverwalk — with

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waterfront views, of course — and ends back at the park. Afterward, there's a social hour at Mr. Smash Burgers (32-A E. Las Olas Blvd.). Visit huizengapark.org.

2-Mile Tuesday Run Club: Free beer and an \$8 happy hour menu (smashburgers included) await runners every Tuesday evening at Tarpon River Brewing (280 SW Sixth St., Fort Lauderdale). Arrive at 6 p.m. for the free two-mile run at 6:30 p.m. When you're back, chow down and drink up. Visit tarponriverbrewing.com.



Get on the dance floor with Barre Envy for a charitable cause during Disco Barre at Good Night John Boy in Delray Beach. (Chris Carson/Courtesy)

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Disco Barre: Do a little dance to support Do Good Delray from 5:30 to 7:30 p.m. Oct. 15 at Good Night John Boy (33 SE Third Ave., Delray Beach). The Delray Beach Chamber of Commerce [initiative](#), which takes place every October, pairs businesses with nonprofits to raise funds and awareness. Ashley Treadaway, who has owned Delray Beach's [Barre Envy](#) boutique fitness studio for nine years, said she has led four successful Disco Barre events at the 1970s-themed nightclub. Proceeds from the event will go to [Alzheimer's Community Care](#). Tickets are \$40 (includes workout, swag bag and two drink tickets). For age 21 and older. Visit chamber.delraybeach.com.

Wellness Gone Wild: ERA Club and Coffee Club West Palm Beach are joining for movement, recovery and community from 6 to 8:30 p.m. Sept. 18 at The Nora District, 845 N. Railroad Ave., in West Palm Beach. In the Paseo district, experience yoga flows, a cold plunge and a sauna. There will be a DJ, wellness and lifestyle vendors, workouts by SWEAT440 and Jetset Pilates, swag bags and beverages, including coffee from Sunday Motor Co. and energy drinks from CN Energy. Tickets are \$25 in advance and \$35 the day of the event. Visit sweatpals.com.