

# Time Out

## Chicago

SEPTEMBER 17-23, 2009 \$2.99  
ISSUE NO. 238 TIMEOUTCHICAGO.COM

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# Go

## Listings

### If you want to be listed

Submit information by mail, e-mail (theget@timeoutchicago.com) or fax (312-924-9350) to **Kevin Aeh**. Include details, dates, times, address of venue, nearest El station or bus routes, contact information and admission price, if any. **Deadline is noon on Monday, ten days before publication date.**

## Mind & body

► [timeoutchicago.com/wellness](http://timeoutchicago.com/wellness)  
► [timeoutchicago.com/sport](http://timeoutchicago.com/sport)

### Classes & workshops

#### FREE Harmony Yoga birthday class

Harmony Yoga is celebrating its first birthday by giving you the gift of free classes. Stop by the River North studio at 10am or 2pm on Sat 17 for a power vinyasa session (there's also one at noon on Sun 20). Or visit on Sunday evening for a 6pm candlelight yoga class. After all that stretching, you probably won't feel like eating birthday cake, which is perfect because Harmony will provide healthy light snacks and refreshments. 900 N Franklin St, fifth floor (312-643-8577, [harmoniyyogachicago.com](http://harmoniyyogachicago.com)). El: Brown, Purple (rush hrs) to Chicago. Bus: 22, 36, 66, 156. Sat 19, 10am, 2pm; Sun 20, noon, 6pm.

**Kishan Shah fall detox** The beginning of a new season is a perfect time to cleanse your system and start anew. Get ready for fall with up to four sessions under the instruction of Kishan Shah, a guru of ayurvedic medicine and UCLA professor. Whether you attend one session for \$45 or all four for \$145, you will learn about detoxing the mind and body in accordance with the seasons and your personality type. Moksha Yoga Riverwest, 700 N Carpenter St (312-942-9642, [mokshayoga.com](http://mokshayoga.com)). El: Blue to Grand. Bus: 56, 65. Fri 18, 6-9pm; Sat 19, 10am-12:30pm; 2-5pm; Sun 20, 10am-12:30pm. \$45 per session.

#### FREE Thursday night beauty with Boscia

Learn all about this Japanese skin-care company's holistic approach to beautiful skin at Ulta tonight. It's a hands-on lesson, as experts will be there to give you a personalized skin consultation along with a mini facial. Even though the brand has been around for more than 30 years, it's new to Ulta and likely new to you. Ulta, 114 S State St (312-279-5081, [ulta.com](http://ulta.com)). El: Red to Monroe. Bus: 2, 10, 29, 62, 144, 145. Thu 17, 5-7pm.

### Fitness events

#### Ann Landers Race for Research

festival! The Sun-Times' former columnist Ruth Crowley (a.k.a. Ann Landers) made an impact on thousands of people's lives by offering sage advice. Now you can make a difference, too, by participating in this 5K run and walk, which raises money for the Multiple Myeloma Research Foundation, dedicated to finding a cure for the rare blood cancer that took Crowley's life. Register and find more information at [mmrf.org](http://mmrf.org). Lincoln Park at the intersection of Cannon Dr and W Fullerton Pl. El: Brown, Red, Purple (rush hrs) to Fullerton. Bus: 76, 77, 151. 156. Sun 20 at 9am.

#### Blackhawks training camp festival

Kick off the start of the hockey season with the 2nd annual Training Camp Festival at the

United Center. Enjoy everything from 5K run and walk to a 10K skate and a "3 on 3" hockey tournament, not to mention live music and an interactive games area. Oh yeah, plus you'll see a Blackhawks practice game. For more information and to buy tickets, visit [chicagoevents.com](http://chicagoevents.com) or call 773-868-3010. United Center, 1901 W Madison St (312-455-4500, [blackhawks.nhl.com](http://blackhawks.nhl.com)). El: Blue to Medical Center. Bus: 19, 20, 50. Sat 19, 8am-4pm. \$35, in advance \$30.

**TeamiFit grand opening** Sometimes peer pressure is a good thing. Take gym classes, for instance. Celebrate the opening of this new lifestyle center, which offers indoor and outdoor activities like dance instruction and boot camp classes as well as nutritional info, cooking demonstrations and more. Enjoy free massages from Massage Envy, healthy food and drink tastings while you check out the facilities and hear what it has in store. 676 N LaSalle St (312-204-7333, [teamifit.com](http://teamifit.com)). El: Red to Grand. Bus: 22, 36, 66. Thu 17, 5:30-9pm.

#### UNCF 26th annual walk for education

Pick your pleasure, be it running, walking, biking or skating at this annual event, which raises money for the United Negro College Fund. Registration begins at 7am, and the festivities kick off an hour later, with guest speakers, aerobic exercises, food and, of course, the walk-run-bike-skate-a-thon. Participate as an individual, team or sponsor. For more information and to register, visit [give.uncf.org/chicagowalk](http://give.uncf.org/chicagowalk). Burnham Park, 425 E McFarlane Dr (773-256-0949). Bus: 4, 6, 14, 130, 146. Sat 19 at 9am. \$20.

### Spas & specials

**Body Endeavors** The 1990s really are coming back. Through the end of 2009, prices, including private and semiprivate Pilates sessions, massages and mat classes, are all marked down to their original rates from 1999. To wit: Single private Pilates sessions cost \$65; five 30-minute private sessions cost \$145; and an unlimited 30-day mat class card costs \$85. And that's just the beginning. 1528 N Halsted St (312-202-0028, [bodyendeavorspilates.com](http://bodyendeavorspilates.com)). El: Red to North/Clybourn. Bus: 8, 72.

#### Chicago Touch

It's time to celebrate Chicago Touch's third anniversary, and to do so, you have to stop in and say hello. But don't visit just any day. On Wed 23, the spa offers a 50-minute massage for \$49 (normally \$55) or energy healing session. 1121 N Ashland Ave (773-342-3650, [chicagotouch.biz](http://chicagotouch.biz)). El: Blue to Division. Bus: 9, 56, 70. Daily 10am-8pm.

**exhale** A lot can happen in one week, especially if you've never been to this Gold Coast spa. First timers (as well as customers who haven't visited in three or more months) can take advantage of "one week of transformation" for only \$40. The package includes unlimited yoga and core fusion classes, free organic tea, a one-year subscription to *Body and Soul* magazine, as well as discounts on spa services and retail purchases. You'll be a new person in just seven days. 945 N State St (312-753-6500, [exhailes.com](http://exhailes.com)). El: Red to Chicago. Bus: 22, 36, 66. Mon-Fri 8am-9pm; Sat, Sun 8am-8pm.

**halo (For Men)** You know what the back-to-school season means: time to refresh your look. Now through Sun 20, you can get The Man service, a signature cut and styling, not to mention a paraffin hand wax and massage, for only \$20 (usually \$45), when you bring unwanted school supplies to all Halo (For Men) locations (check its website for additional addresses). The

**SNEAK ATTACK** Check out streetwear label 55DSL (including the debut of these limited-edition kicks) during the line's 15-day hijack of the Diesel store. See page 32.



grooming mecca is accepting items such as pencils, crayons, supply boxes and notebooks. 21 W Elm St (312-642-4256, [halochicago.com](http://halochicago.com)). El: Red to Clark/Division. Bus: 22, 36, 156. Tue-Thu noon-9pm; Fri 10am-8am; Sat 9am-7pm.

**John Allan's Grooming Club** This South Loop men's grooming club offers haircut and facial services in a sleek environment that includes a bar, pool table, flat-screen TVs and plush leather chairs. And now you can get a treatment at almost half the cost. Pop in during September, because the "signature full service" (which includes a haircut, manicure, shoe shine and relaxing hot towels) is being offered for \$38 (regularly \$65). 111 W Jackson Blvd (312-663-4600, [johnallans.com](http://johnallans.com)). El: Red, Blue to Jackson; Brown, Purple (rush hrs), Orange, Green to Library. Bus: 22, 36, 134, 156. Mon-Thu 10am-6pm; Fri 10am-7pm.

**Mitchell Dental Spa** One visit to Mitchell Dental Spa will help you forget those Little Shop of Horrors-type memories of going to the dentist as a kid. Stop by this luxury downtown dental spa for a cleaning through the month of September and go for a facial while you're there. Why? Because the skin-firming power facial (which addresses fine lines, wrinkles and sun damage) is 50% off (the treatment is normally \$95 for 60 minutes; \$55 for 30). 845 N Michigan Ave, suite 922-E (312-642-1014, [mitchelldentalspa.com](http://mitchelldentalspa.com)). El: Red to Chicago. Bus: 66, 145, 146, 147, 151. Mon-Fri 8am-5pm.

**One Mind, Body & Being** In order to fork over a chunk of change, you need solid incentive—like a month of unlimited fitness classes. Or how about the possibility of changing your body? This deal offers both. For \$199, One Mind, Body & Being offers a month of unlimited mat-based classes (including Pilates, body sculpting, boot camp, yoga and rope burn). Sure, your wallet might feel the burn for a bit, but so will your body—in the best possible way. 2014 W Wabasha St (773-360-1397, [onemindbodybeing.com](http://onemindbodybeing.com)). El: Blue to Damen. Bus: 50, 56, 72. Mon-Thu 6am-8pm; Fri 6am-5pm; Sat 8am-2pm; Sun 9am-2pm.

**Sheila Kelly S Factor** Add some moves to your routine by taking advantage of the S Factor's current offer: 50% off an intro class just for TOC readers (use this special code to get the deal: Time Out). That means for \$20, you'll see how pole dancing can keep you in shape. And there's no extra charge for coming up with your own stripper name. 1400 W Hubbard St (312-492-7596). El: Green, Pink to Ashland. Bus: 9, 65. Mon-Thu 11am-10pm; Fri-Sun 9:30am-6pm.

**Sir Spa** Birthday favors are our favorite part of the party, and Sir Spa's third anniversary special is no exception. Enjoy \$30 off any one-hour or longer treatment of your choice throughout September. Just mention this listing when making your reservation. 5151 N Clark St (773-271-7000, [sirspa.com](http://sirspa.com)). El: Red to Berwyn. Bus: 22, 36, 50, 92. Mon-Thu 11am-9pm; Fri 10am-9pm; Sat 10am-7pm; Sun 10am-6pm.

**Skincare Company & Spa** They don't call Wednesday "hump day" for nothing: once it's over, you can coast through the week until the weekend. But as for the hump day itself, you need an extra push. That's why this neighborhood spa in Forest Park is offering a new deal. Just on Wednesdays, book a 60-minute facial (\$65) and you'll get a free eyebrow or lip wax on the house. 7249 Madison St (708-366-8264, [skincarecompany.com](http://skincarecompany.com)). El: Blue to Madison. Tue, Thu 10am-7pm; Wed, Fri, Sat 9am-5pm.

**Spa Soak** Live up to this Bucktown spa's name by soaking up its month-long deal. It's as simple as this: In September, take \$25 off the 75-minute Look Better Naked Body Facial treatment (was \$125, now \$100). Plus you'll receive a complimentary product to take home. 1733 N Milwaukee Ave (773-395-9000, [spasoakchicago.com](http://spasoakchicago.com)). El: Blue to Damen. Bus: 50, 56. Sun, Mon 10am-4pm; Tue-Thu 9am-7pm; Fri, Sat 9am-6pm.

**Spa Week!** For spa lovers in the know, the third week of September is the jackpot. Now through Sun 20, participating spas charge only \$50 for treatments you'd normally pay twice as much to experience. Imagine everything from a 60-minute signature massage at Continuum Studio to a 45-minute signature Arcona facial at Ruby Room. Just look online at [spaweek.com](http://spaweek.com) to see the list of spas, and call the spas directly to make an appointment. But don't wait; these spaces fill up fast!

**Vessel Yoga** To reward those willing to declare their love for yoga, Vessel Yoga is offering a three-month-long deal: unlimited yoga for just \$250. In fact, making yoga an even bigger part of your routine has more than just health perks; on a cost-per-class basis, attending class daily brings it to a total of just \$3 a session. 1039 W Lake St (312-929-4738, [vesseyogachicago.com](http://vesseyogachicago.com)). Bus: 8, 9, 20, 65. Mon 6pm; Tue 7:15am, 7pm; Wed 6pm; Thu 7:15am, 7pm; Fri 6pm; Sat 10am.

### Recently opened

**Spa la la** When you take the plunge and opt to pamper yourself with a spa treatment, it often comes down to those small but essential details that rank one spa above another. Enter this Bucktown newcomer, which offers sweet something such as freebie hot-stone add-ons with massages and paraffin foot treatments with signature facials. Services run the gamut, from spray tans (\$35) to no-chip manis (\$50) to a 60-minute Hawaiian hot-sand massage (\$150). 2300 W Armitage Ave (773-772-5252, [spalaluchicago.com](http://spalaluchicago.com)). El: Blue to Western. Bus: 49, 73.

## Shopping

► [timeoutchicago.com/shopping](http://timeoutchicago.com/shopping)

### Events

**Behind the Seams** In the first in a series of fall lectures hosted by the School of the Art Institute of Chicago's Fashion Resource Center, author, lecturer and fashion guru Claire Schaeffer leads designer wabna-bes through the basics of sewing high couture and her life working in some of the most prestigious fashion houses in New York. Take advantage of the opportunity to poke around the fascinating selection of fashion-minded publications at FRC after the talk. For questions or reservations, call 312-629-6731. School of the Art Institute of Chicago's Fashion Resource Center, 36 S Wabash Ave (312-629-6731; [saic.edu](http://saic.edu)). El: Brown, Purple (rush hrs), Orange, Green, Pink to Madison/Wabash; Red to Monroe. Thu 17 at 6pm. \$35.

**Bucktown Flea Market** The Bucktown Arts Fest sponsors this one-day market focused on green shopping. Find vintage clothing, antiques, books, furniture and more. Expect to see some repeat vendors from the Chicago Antique Market. EcoLogic Lofts, 2023 W Fullerton Ave (773-327-4445). El: Blue to Western. Bus: 50, 74.