

On Your Mark Coaching and Training Cheeky Chicago June 7, 2011



June 6 - 12, 2011

YOUR CHEEKY WEEK

Our friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Spring into Summer at the spa. Get ready for those tank tops with the dana's back and face dia. The mini back treatment will nourish and hydrate your back while you receive a scalp massage. Then, receive a signature customized facial finished with a glycolic peel which will help reverse sun damage and prevent aging by resurfacing your skin. \$155 through June 30.</p>	 <p>6:00 PM Shakes for a Cause @ M Burger, who has partnered up with the Make-A-Wish Foundation and a young boy named Chance, who's chosen the June shake-off-the-month: Rainbow (chosen because he loves all different kinds of people). The Rainbow Shake is \$2.99 and will be donated to Make-A-Wish.</p>	 <p>Eva's Closet Pre-Party Event @ 524 N. Hermitage. Eva's Closet is a premier luxury online store with consignment options for high fashion pieces. Tomorrow night, meet Eva, shop and consult with C-Salen's top stylists at the event. But today, get a head start and set up a one-on-one meeting with Eva to sell your high-end clothes for the event.</p>	 <p>6:00 PM Parkinson's Disease Research Society 2nd Annual Flip Cup Tournament @ Theory Sports Bar. \$5 raffle tickets can be bought prior and are sold throughout the evening. Tickets are \$35 pre-sale, \$40 at the door. Prize packages include: Maroon 5 tickets, Sports Events, iPad, Henny, Fashion and Food.</p>	 <p>7:00 PM Date Night (or BFF Night!) Fridays @ Bottle & Bottega. Check out Cheeky's favorite new FVB activity: painting...with wine! Tonight, unleash your inner-artist, grab your boyfriend, BFF or roommate, plus your fave bottle of wine and make your Friday night an artistic one with this paint party designed specifically, but not exclusively, for pairs. \$35/person.</p>	 <p>Wells Street Art Festival. This 37th annual fine art showcase features a party vibe with live music and works from more than 225 artists across the nation in glass, ceramic, clay and painting. Includes food and drink vendors, a silent auction and kids' activities.</p>	 <p>Summer in Saigon @ Le Colonial. This summer, escape to the</p>
 <p>Burger Post Kicks Off @ Rocket! Devour and partake in this 6th annual festival and check out creations like the Big Cheese Burger (Black Angus Patty, shaved parmesan, caramelized onions, Gruyere cheese between two grilled cheese sandwiches) and the Big Bird Burger (Ostrich Patty, fried egg, pancetta chip, tomato onion jam, sweet potato fries). Through June 10.</p>	 <p>7:00 PM Chef's Table @ Kot. Don't miss this exclusive 8-course tasting at this fabulous Evanston staple. Chef Yu will showcase new recipes and creations for 12 lucky diners at the sushi bar. The unique 8-course tasting menu will feature the freshest sushi in artful presentations paired with featured wines and sake. \$45/person all inclusive.</p>	 <p>5:30 PM Rope Burn @ On Your Mark. Jump on the latest fitness craze. OYM created a new class, Rope Burn, which utilizes a jump rope, plus giant, heavy ropes which are used to sculpt muscles while you blast calories and fat with various jump roping techniques. Summer's here, Cheekies. Get bikini ready!</p>	 <p>9:00 PM Summer Music Series @ Underground. Every Thursday at this celebrity hotpot, stop by and check out international DJ sensations. Kick off the night with an ABSOLUT sponsored VIP cocktail reception from 9-10 pm and then dance your Cheeky cheeks off. Tonight: DJ Cobra.</p>	 <p>9:00 PM le Dress Birthday Sale. le Dress is celebrating its 3rd birthday today through Sunday. All weekend long, shoppers can play birthday games at the store's original Wicker Park location to win discounts ranging from 10-20% off. And even though it's just two months old, the store's Michigan Avenue location, le Dress deux, is celebrating too, offering shoppers \$20 off every \$100 they spend.</p>	 <p>5:00 PM Arrive at Eat (and Drink!) @ Lokai. Start your night out right and cheap all weekend. Friday and Saturday evenings, the Wicker Park hot spot will welcome guests for "Arrive at Five" free pm, when any appetizer along with any drink (cocktail/beer/wine) will be \$10. It's Cheeky to be a savvy spender. And eat. And drink.</p>	

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