

# December 2007

### **High-Fashion Sportswear in a High-Design Building**

Y-3 is the brainchild of Japanese designer and creative director Yohji Yamamoto. Inspired by the signature three stripes of the Adidas brand he saw everywhere, he asked his assistant to call the company. The rest, as they say, is history. Teaming with Adidas, Yamamoto began designing sportswear, and in October 2002, under the Y-3 name, they unveiled their first collection in Paris. The resulting collaboration continues to lead the way in the niche market of high-fashion sportswear.

Miami Y-3 is one of two free-standing US. retail stores, and it's starting to turn heads, not least because it is located in Oak Plaza, the Design District project developed by Craig Robins of Dacra. The Y-3 building was designed by Miami architects Marieanne Khoury-Vogt and Erik Vogt. Miami Herald architecture critic Beth Dunlop hailed the building, and its neighbor, designed by the local firm Cure & Penabad Studio (Adib Cure and Carie Penabad). Wrote Dunlop: "If every work of architecture had the intelligence, the artistry, the engagement, and yes, the sense of enchantment of Oak Plaza, we'd be living in a really remarkable place."

The Y-3 store itself is pretty remarkable - ground floor shopping in an airy space, and upper-floor reserved for private dining and special events. Oh yes, and then there is the clothing, much of it of unisex design. Corey Valestra, manager of the Y-3 store, names the men's dark-green waterproof jacket with black leather trim (\$505) as his favorite. There are plenty of more moderately priced articles, of course.

But even if you can't afford them, check out the sheared-rabbit-hooded sweatshirts (just over \$1000), the women's black cape with arm holes (\$865), the Nagatabi women's boots (\$360), the men's Taikyu boots (\$540), and of course the black Swarovski studded men's sneakers (\$1200).

Y-3 is located at 150 NE 40th St., Miami. Store hours are Monday through Saturday from 11:00 a.m. to 7:00 p.m. For more information call 305-573-1603, or visit [www.Y-3.com](http://www.Y-3.com).

### **As the Condos Fill Up, So Does M Power Project Gym**

After nearly two years of operation, M Power Project's newest gym, in Miami's Omni neighborhood at 210 NE 18th St., is starting to get attention. "Business is picking up," says general manager Michelle Meyer. "People are starting to notice. It's starting to click." It may be starting to click because it's being discovered by lots of new residents moving into the cluster of condo buildings nearby. It may also be that people are drawn to the wide array of classes, including aerobics, spinning, cardio sculpting, Pilates, yoga, and their newest addition, X biking.

The 18th Street location houses three distinct workout areas. The large, mirrored main room consists mostly of free weights and cardiovascular machines. Yoga and spinning classes are held in a separate, smaller room. X biking - a 30-minute class similar to spinning but much more intense - takes place in the plate-glass room at the left of the entrance.

Memberships start with a standard \$499 a year. Variable options range from six months to \$15 for the day, an \$898 annual "friends and family" package, and discounted rates for college students, senior citizens, and the military. A program called "Buddy Day" allows members to bring in someone up to three times, free of charge.

For personal-training needs, members can pick from the gym's staff of a dozen or so certified trainers, with rates beginning at \$75 dollars per session. Staff member Diego Buendia, who has won weightlifting competitions, is also around to lend a hand to new members.

Hours of operation at 18th Street location are 5:30 a.m. to 10:30 p.m., Monday through Friday; Saturday 9:00 a.m. to 9:00 p.m.; and Sunday 9:00 a.m. to 6:00 p.m. For more information, call 305-358-8500.

Hours of operation for the original location in Miami Shores 9037 Biscayne Blvd.) are 5:30 a.m. to 10:30 p.m., Monday through Friday; Saturday from 8:00 a.m. to 8:00 p.m.; and Sunday from 7:00 a.m. to 6:0 p.m. Supervised childcare is offered Monday through Saturday from 9:00 a.m. to 11:00 a.m. For more information, call 305-758-8600 or visit [www.mpowerproject.com](http://www.mpowerproject.com).