

From: [REDACTED] >
To: Rich Kahn <[REDACTED]>
Subject: Re: [REDACTED] will clean 7J after 2:30 today
Date: Thu, 18 Aug 2016 11:59:39 +0000

I was thinking about that class again...my sister did a similar type class but on something like an elliptical...she said it was awesome. I love that they are coming out with all these variations...makes exercising, which can become mundane over time, more fun..

...and I think the test you are doing will actually provide you with quite interesting information...but all good information I am hoping...

> On Aug 18, 2016, at 7:55 AM, Richard Kahn <[REDACTED]> wrote:

>

> Thank you. Yes nice incline work. Did that mile high running class again yesterday. You or Ike have to try it....

>

> Sent from my iPhone

>

>> On Aug 18, 2016, at 7:49 AM, [REDACTED] > wrote:

>>

>> Hi Rich.. [REDACTED] will clean 7J after 2:30 today...

>>

>> thinking of you and your nuclear stress test! (I guess you will get your work out in along with the test ;)