To: Rich Kahn[redacted]
From: [redacted]
Sent: Wed 7/6/2016 5:01:27 PM
Subject: Re: Mile High Club....

awesome! and I see you can pay by the class of course…
I'm surprised it took so long for someone to figure out a course like this for treadmills…spinning has been around for a long time…but this is new to me (or maybe I'm just out of the loop!)

Jeffrey says you and Darren will now come today at 4pm…will see you then!

> On Jul 6, 2016, at 12:48 PM, Richard Kahn <[redacted] wrote:
>
> it was fun..
> next time you do an overnight you both should try
> there were a number of husband wife teams this am
>
> Richard Kahn
> HBRK Associates Inc.
> [redacted]
>
>
>
>> On Jul 6, 2016, at 12:44 PM, [redacted] wrote:
>>
>> wow…looks really incredible! You probably burned 900 calories this morning!
>>
>> They do outdoor training also…when I lived here, Ike and I took a running class in the park from an ex para- olympian…I felt like I would throw up after every class!
>