

From: Kelly Ratner <[REDACTED]>
To: Lesley Groff <[REDACTED]>
Subject: Re: Trx boot Camp?
Date: Thu, 14 Jul 2016 22:24:27 +0000

Yes Declan would love that for monday! He gets picked up at Kiwanis at 3pm.

You coming to blast tomorrow at 9:45?

Xo,
Kelly

> On Jul 13, 2016, at 8:43 PM, Lesley Groff <[REDACTED]> wrote:

>
> THANK YOU for the description of classes! I DO need to do them all...will keep you posted
>
> How about I pick up Declan from camp on Monday at 3pm (I'll bring [REDACTED]) and come to our
house...I can bring Declan home before taking [REDACTED] to receiver camp at the water tower field...it
starts at 6pm ..so I'll get him home around 5:45 ...if all OK with you?
>
>
>

>> On Jul 13, 2016, at 5:32 PM, Kelly Ratner <[REDACTED]> wrote:

>>
>> Hi Lesley,
>> I'm so glad you were able to make it today and you got to try out 2 of my classes. You did
great!
>> Group power is weight lifting and probably the most popular class I teach b/c you don't
need any coordination. People are not intimidated by that class.
>> Group blast is step and all aerobic. I love that class!
>> Group core is quick and done in 25 mins. Really focused on the core. Very effective.
>> Group ride I love too! It's like spin and the music is great. You'll sweat your butt off
>>
>> Try them all if you can.
>>
>> Declan would love to hang with [REDACTED] but he starts waveny camp next week for 2 weeks from
>> 9-3. Don't know what you're timing is like for the boys to hang but he would love it.
>>
>> See ya,
>> Kelly
>>

>>> On Jul 13, 2016, at 1:45 PM, Lesley Groff <[REDACTED]> wrote:

>>>
>>> OMG Kelly@ you are a total rock star... loved both your classes today and want to try your
other classes soon! which class would you suggest next? I may even be able to go this
week...!! or if boss still away next week then next week!

>>>
>>> could we get Declan and [REDACTED] together next week? Monday perhaps?
>>>

>>>> On Jul 11, 2016, at 2:57 PM, Kelly Ratner <[REDACTED]> wrote:

>>>>
>>>> Sounds good. See ya then.
>>>> Kelly
>>>>

>>>>> On Jul 11, 2016, at 2:08 PM, Lesley Groff <[REDACTED]> wrote:

>>>>>
>>>>> I'll meet you at 8:30 at the front desk on Wed...!
>>>>> So appreciate the pool invite!...We were there a long time yesterday so [REDACTED] is not so keen
on going...Blake Wilson is at our house for play date and is trying to convince [REDACTED] to go

