

From: Kelly Ratner <[REDACTED]>
To: Lesley Groff <[REDACTED]>
Subject: Re: Trx boot Camp?
Date: Fri, 15 Jul 2016 01:35:59 +0000

Come
Tomorrow even if you're sore. You might be even more sore but you'll get moving and feel great!

> On Jul 14, 2016, at 7:25 PM, Lesley Groff <[REDACTED]> wrote:
>
> Fantastic on Declan! We will pick him up at 3from Kiwanis Monday!
>
> Kelly! I am wicked sore!! Love that I was using lots of muscles in different ways!!
TOTALLY want to do blast and core after that however! As long as I can walk tomorrow morning
😊.
>
> Sent from my iPhone
>
>> On Jul 14, 2016, at 6:24 PM, Kelly Ratner <[REDACTED]> wrote:
>>
>> 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 however! I guess we will see what happens...

>>>>>>

>>>>>>> On Jul 11, 2016, at 12:45 PM, Kelly Ratner <[REDACTED]> wrote:

>>>>>>>

>>>>>>> Yes for sure! I can meet you at the Ymca at 8:30 if you want with a free pass or I can leave in my mailbox for you. And when I meet you at front desk I'll walk you downstairs with me. You tell me what works best.

>>>>>>>

>>>>>>> Going to pool at 1:15 if you're around to join us or just drop [REDACTED] there to play with Declan. I can bring him home to our house to play afterwards if you want.

>>>>>>> Kelly

>>>>>>>

>>>>>>>> On Jul 11, 2016, at 7:43 AM, Lesley Groff <[REDACTED]> wrote:

>>>>>>>>

>>>>>>>> Morning!! May I come join you for the TRX at 8:45am on Wed?! That would be super... and I'll talk to [REDACTED] about Sunday yoga in your yard...neither of us have ever done yoga but we always hear great things about it...we may be going to my sisters house for dinner however so we will have to see...Tell me how I go about sneaking in to the Y ... :) I have only been to the 2nd floor basketball court area if you can believe it...never 'toured' the Y ever!

>>>>>>>>

>>>>>>>>> On Jul 10, 2016, at 8:27 PM, Kelly Ratner <[REDACTED]> wrote:

>>>>>>>>>

>>>>>>>>> Lol! Awesome! I got your brain waves.

>>>>>>>>> Schedule this week:

>>>>>>>>> Mon:

>>>>>>>>> 9:30 group ride

>>>>>>>>> 10:45 Trx zone

>>>>>>>>> 12:15: group core

>>>>>>>>> Tues:

>>>>>>>>> 9:45: group power

>>>>>>>>> Wed:

>>>>>>>>> 8:45 Trx zone

>>>>>>>>> 9:45 group fight

>>>>>>>>> 11 group ride

>>>>>>>>> Thurs;

>>>>>>>>> 9:45 group power

>>>>>>>>> Fri:

>>>>>>>>> 9:45 group blast

>>>>>>>>> 10:45 group core

>>>>>>>>>

>>>>>>>>> What works if anything?

>>>>>>>>>

>>>>>>>>>> Also, do you do yoga? Even if you don't...I'm

>>>>>>>>>> Hosting a free yoga class on my lawn on Sunday at 6:30pm. A friend of mine is teaching the class. You wanna come?

>>>>>>>>>> Bring [REDACTED] too if he wants and [REDACTED] can play with the kids while you're both here.

>>>>>>>>>> Lee is taking the class as well

>>>>>>>>>> Xo,

>>>>>>>>> Kelly

>>>>>>>>>

>>>>>>>>> On Jul 10, 2016, at 8:18 PM, Lesley Groff <[REDACTED]> wrote:

>>>>>>>>>

>>>>>>>>> OMG! Kelly...we are channeling each other...YES..can you give me your schedule for this week and let me see what fits...? Do you have a class Tues per chance like 8:30am? or anytime that day ..or let me know all week...I should have more flexibility this week...

>>>>>>>>>

>>>>>>>>> FYI-[REDACTED] watched some of the football camp last Thursday...he said Declan looked GREAT!

>>>>>>>>>

>>>>>>>>>

>>>>>>>>> On Jul 10, 2016, at 8:08 PM, Kelly Ratner <[REDACTED]> wrote:

>>>>>>>>>

>>>>>>>>> You wanna come and take a class this week Lesley?

>>>>>>>>> Xo, Kelly

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