
From: Nick Lambros <[REDACTED]>
Sent: Friday, January 14, 2011 5:49 PM
To: Jeffrey Epstein
Subject: Gym

Would you prefer using the key on the sequencer or pushing on/off button on M=nster power?

```
Sent from my iPhone=?xml version=.0" encoding=TF-8"?> <!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version=.0">
<dict>
  <key>conversation-id</key>
  <integer>174580</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1295027339</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>6</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>128274</string>
</dict>
</plist>
```