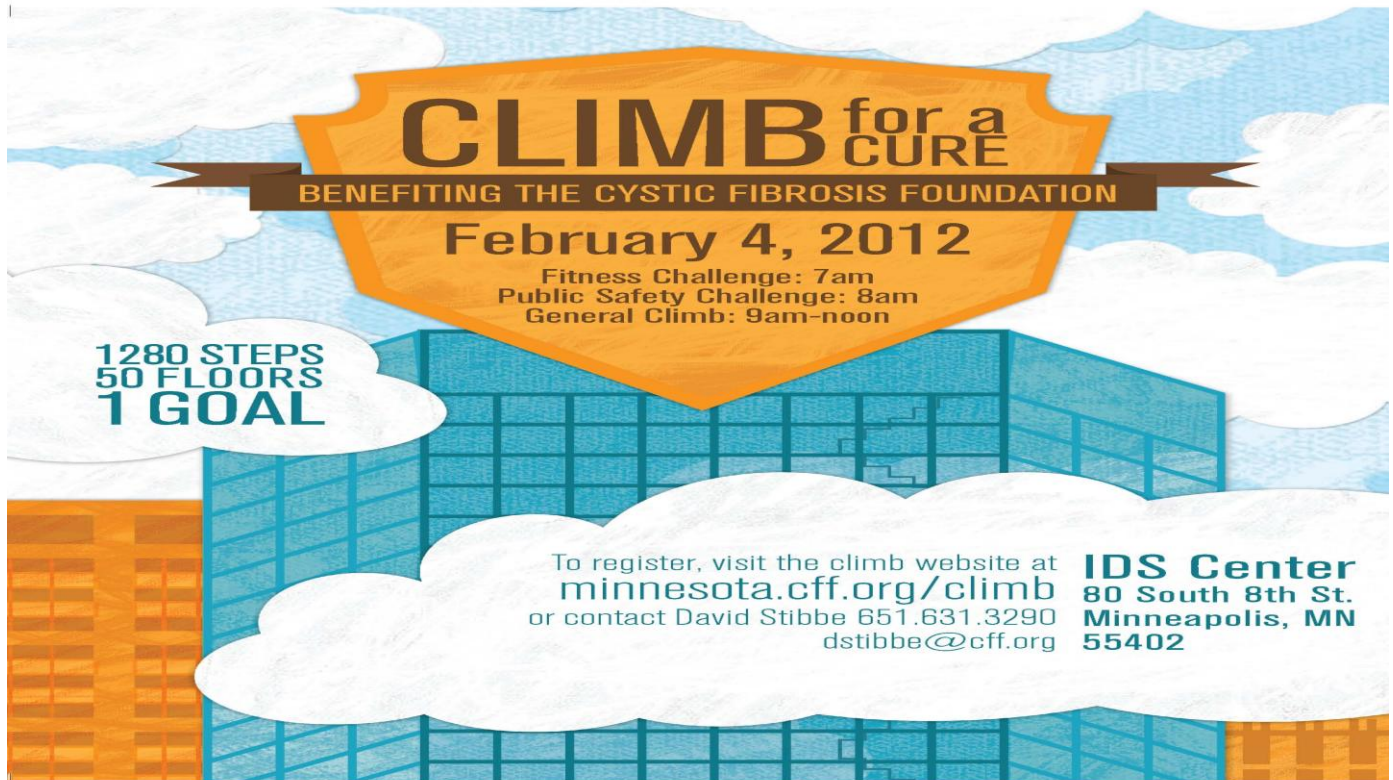


# Crystal Court Observer

## Concierge Update February 2012



**CLIMB for a CURE**  
BENEFITING THE CYSTIC FIBROSIS FOUNDATION  
February 4, 2012  
Fitness Challenge: 7am  
Public Safety Challenge: 8am  
General Climb: 9am-noon

1280 STEPS  
50 FLOORS  
1 GOAL

To register, visit the climb website at [minnesota.cff.org/climb](http://minnesota.cff.org/climb)  
or contact David Stibbe 651.631.3290  
[dstibbe@cff.org](mailto:dstibbe@cff.org)

**IDS Center**  
80 South 8th St.  
Minneapolis, MN  
55402



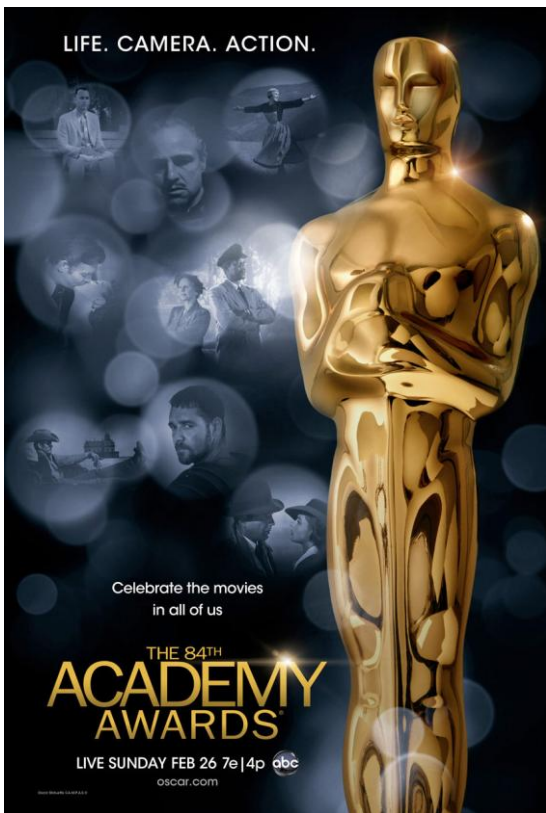
The IDS Tenant Valentine's Day Contest will be held in the Tower Lobby on Monday and Tuesday, February 13-14. Stop by the Security Podium and register to win romantic gifts from our IDS Center Merchants!



**BUILDING LIFE SKILLS**  
BUILDING BRIGHT FUTURES

Cookie Cart will be in the Crystal Court from 10AM to 2PM on Monday, February 20. This year's sale will feature nine different varieties of delicious fresh-baked cookies. The Cookie Cart business model provides a paid, first job experience for North Minneapolis youth, ages 14-17, teaching employment skills and interpersonal relationship skills. The goal of the program graduates is to gain the job and life skills necessary to transition to traditional employment and beyond.

Cookies with a cause, those calories can be justified!



The Downtown Network is hosting the 6th Annual Skyway Open with a course running through the IDS Center! The 2012 event will be held on Friday, February 24 and Saturday, February 25 and is an excellent opportunity to enjoy the skyways with co-workers and friends. Over 1,000 professionals, families and friends will converge in the Minneapolis skyway system for the 18 holes of putt-putt style golf. A rolling start will signal the beginning of this spectacular golf event, which will include professionally designed and constructed mini-golf holes, design competitions and contests for golfers. The 19th Hole will conclude Friday's event with complimentary food, beverages and entertainment. This event will bring positive attention to the incredible skyway system of the Minneapolis community as well as support the downtown area and all it has to offer.

Please visit [www.skywayopen.org](http://www.skywayopen.org) for more information.

## And the winner is...

The annual IDS Center Academy Awards Contest will take place Thursday and Friday, February 23 and 24. Be sure to swing by the Security Podium and grab a ballot. All entries must be received by 5PM on February 24.



## LOVE IS IN THE AIR...

find it at Love From Minnesota!

Purchase any item containing a HEART and it's yours for 20% off!

Code: HEART13



*Valentine's Day Gift Cards  
From Rocco Altobelli Salons & Day Spas*

Available in any denomination or may we suggest:

**A Full Day of Beauty \$280.00**

Prescription System Body Treatment  
or  
One Hour Massage of your choice  
Signature Facial Treatment  
Lunch  
Radiance Renewal Manicure  
Basic Pedicure  
Haircut and Style  
Rocco Altobelli Retail Gift (\$50.00 Value)  
Approximately 6 hours

**A Half Day of Beauty \$175.00**

One Hour Massage  
or  
Signature Facial Treatment  
Radiance Renewal Manicure  
Basic Pedicure  
Rocco Altobelli Retail Gift (\$30.00 Value)



# February Special

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## 30% Off Sweaters



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Offer good at IDS Location through  
February 29, 2012

**Would you like to strengthen your heart and take time for you?**

**Would you like to lose inches, release stress, tone muscles and have your evenings free?**

**Fit to Live offers on-site classes of Kickboxing, Zumba/Bollywood, Fat burning Interval plus Toning, Qigong and Yoga.**

**Show yourself some love and take care of your own heart this February.** Fit to Live makes it easy for you to achieve your health goals in 2012 with on-site fitness classes, stress management coaching, personal training and nutrition counseling. You cannot have great energy without being physically fit. Would you like to have your evenings free to spend with friends and family? You can by exercising on-site over the lunch hour or after work. Fit to Live offers Yoga, Qigong and Total Workout classes at the IDS Center. **Yoga** improves your flexibility, releases stress and helps keep your organs healthy. The Gentle Beginning yoga is great for people who have difficulty getting on the floor, are older or out of condition. If you want to live to 100, do Qigong! **Qigong** practice focuses on relaxation and deep breathing, which promotes the movement energy in the body. Qigong is easy to learn and fun to do. It has an invigorating and rejuvenating effect. Regular practice strengthens all the systems of the body. If you want to get totally fit do the **Total Workout!** In the Total Workout you work every muscle group to tone muscles, lose inches and strengthen the core and back. It includes flexibility and a fun cardio workout of kickboxing, interval training, Zumba, Bollywood and More. All classes are good for any level. **All classes are offered on site in Suite 605 of the IDS Center.**

Monday, Tuesday, Thursday	12:10-12:55PM	Kickboxing/Interval/Zumba/Total Workout
Tuesday	5:00-6:00PM	Yoga
Wednesday	12:10-12:55PM	Yoga
Friday	12:10-12:55PM	Qigong

Lunch time Middle Eastern dancing can be added for a fun workout. Contact Fit to Live if interested.

Lunchtime Yoga and Qigong classes are six classes for \$60.00. 1 hour after work classes are six classes for \$72.00. Drop-in rates for yoga classes are \$11.00 for lunchtime and \$13.00 for after work. Total Workout classes are six classes for \$42.00 and twelve classes for \$72.00. **New participants register by February 10<sup>th</sup> and receive \$5.00 off!** Any missed classes can be made up in any Fit to Live class downtown. Visit [www.fittolivetoday.com](http://www.fittolivetoday.com) for list of classes.

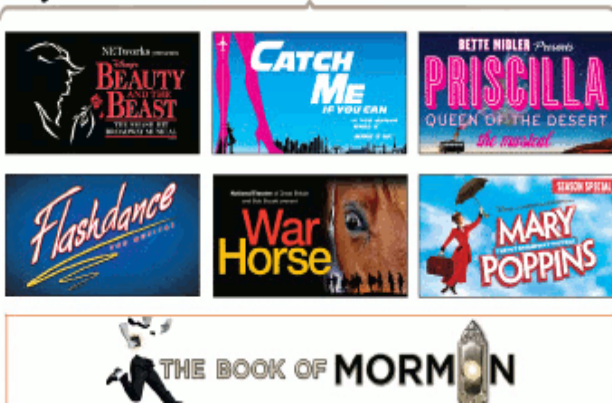
**To register, call Fit to Live at (612) 722-6571 or email [linda.simon@usfamily.net](mailto:linda.simon@usfamily.net). Do you prefer individualized coaching?** Fit to Live offers private or semi-private Personal Training or Yoga, Tai Chi or Pilates lessons. These can be 30-60 minutes in length scheduled at your convenience. Contact Fit to Live for more information.



National Concierge Association



As a Certified member of the National Concierge Association, your Concierge has direct contacts with the area's best tour providers, florists, photographers, restaurants and caterers! Need assistance with a party of any size? Call Nicolle at 612.376.8013. Your Concierge can save you money on tickets to Chanhassen Dinner Theatres, The Children's Theatre, Mystic Lake Casino Shows and many more! Below is just a sampling of event tickets that are available. Please call Nicolle at 612.376.8013 or email [toth@inlandgroup.com](mailto:toth@inlandgroup.com) for these and any other shows or tickets that you are interested in!



Now is the BEST time to secure your group tickets for the amazing productions that make up the 2012-2013 Hennepin Theatre Trust Season! Call your Concierge for great rates and fantastic seats!

Ah, the benefits of working somewhere with connections!

**BIG SAVINGS**  
PAY JUST \$9 (\$4 OFF!)  
\$13 AT THE DOOR

**5 DAYS ONLY**  
Feb. 29 - March 4, 2012  
MINNEAPOLIS CONVENTION CENTER

For show details and more information, visit:  
[www.HomeAndGardenShow.com](http://www.HomeAndGardenShow.com)

**HOME & GARDEN SHOW**

Swing by Suite 650 to get yours!



**Elmo Makes Music!**  
January 12-15  
Target Center  
\$15.00-\$25.00



February 4 - June 10

Mall of America, Level 4

An award-winning exhibition celebrating the life and work of Diana, Princess of Wales. Direct from England, experience nine galleries with over 150 objects including Diana's royal wedding gown, 28 designer dresses, family heirlooms, personal mementos, priceless jewels and rare home movies. Call your Concierge for discounted VIP tickets.



IDS Center discount tickets to Sea Life Aquarium and Nickelodeon Universe are now available online! Call your Concierge for more information!

