



Keep up with your Favorite Recreation Programs

The Highland and Southwest Recreation Complexes are now using the **Remind.com** program to keep members up to date on program changes, reminders, updates and cancellations. Simply text the code of the program of your interest to the phone number 81010 or visit Remind.com to sign up for email notification.

Highland

CLASS	KEYWORD
Adaptive Fitness	@adptfithc
Afternoon Abs	@noonab
Badminton	@birdiehc
Body Melt Circuit Training	@bodymelthc
Cardio Drumming	@drumfit1
Forever Fit	@foreverhc
Feldenkrais	@feldkraihc
Friday Night Fun	@fnfhc
Insanity	@insanityhc
Karate	@karatehc
Kidding Around Yoga	@kidyogahc
Kickboxing	@kickhc
Largo Running Group	@runhc
Line Dancing	@ldancehc
Pee Wee Sports	@weesports
RecFit Boot Camp	@bootcamphc
RecFit Circuit Training	@circuitc
RecFit Cross Conditioning	@crossconhc

Southwest

CLASS	KEYWORD
Adaptive Programs	@swadapt
Aquatics Programs	@swaqua
Art Programs	@swartprgms
Athletic Programs	@swathprgm
Education Programs	@sweducate
Fitness Programs	@swfitprog
Homeschool Programs	@swhomesch
Martial Arts Programs	@swmrtlart
Matt's Tennis Lessons	@matttennis
Preschool Programs	@swpresch
SilverSneakers Programs	@swslvrnkr
SW Rec Information	@swgeninfo
Wendall's Tennis Lessons	@wendtennis
Youth & Teen Programs	@swythteen
Youth Athletics	@swyouthath

RecFit Stretch	@stretchhc
Rungo Dance	@rungo
Salsa & Bachata	@salbahc
Spanish Classes	@spanishhc
Speed and Agility	@speedhc
Tai Chi	@taichihc
Teen RecFit Access	@teenfit
Tennis	@hctenn
TRX Suspension Training	@trxhc
Yoga	@yogahc
Yoga Stretch	@yogasthc
Youth Basketball	@baskethc
Youth Flag Football	@flaghc
Youth RecFit Training	@youthfithc
Zumba Kids	@zumkidshc
Zumba Toning	@zumbatonhc