

To subscribe to a class, text the class code to 81010
OR go to your web browser and type in [`rmd.at/\(classcode\)`](http://rmd.at/(classcode))
ex. [`@wedtone`](https://twitter.com/wedtone) or [`rmd.at/wedtone`](http://rmd.at/wedtone)
(Each class has to be subscribed to individually.)

Class:	Code
Monday Adrian's Tone & Burn	<code>@mondtone</code>
Monday Liz's Yoga	<code>@lizsyoga</code>
Monday Liz's Chair Yoga	<code>@lizschair</code>
Monday Nana's Indoor Cycling	<code>@nanascycle</code>
Tuesday Bonnie's Stretch & Flex	<code>@bonniefs</code>
Tuesday Jacqui's Indoor Cycling	<code>@tuescycle</code>
Tuesday April's Low Impact	<code>@tueslowim</code>
Tuesday Jacqui's 20 Min Abs	<code>@tues20abs</code>
Tuesday Nana's Zumba	<code>@tueszumba</code>
Tuesday April's Chair Fitness	<code>@tueschair</code>
Tuesday April's Fit Bodies	<code>@tuefitbody</code>
Tuesday Betsy's Yoga	<code>@tueyoga</code>
Wednesday Sunny's Tone & Burn	<code>@wedtone</code>
Wednesday Jessie's Power Hour Yoga	<code>@wedpower</code>
Wednesday Frank's Chair Yoga	<code>@wedchair</code>
Wednesday Jazmine's Total Body	<code>@wedtotal</code>
Wednesday Christine's Yoga Balance & Flow	<code>@yogaflow</code>
Thursday Adrian's Pilates	<code>@adrianspil</code>
Thursday Adrian's Indoor Cycling	<code>@thurscycle</code>
Thursday Mrs. Lee's Tai Chi	<code>@leetaichi</code>
Thursday Low Impact Fitness	<code>@thurslow</code>
Thursday Adrian's 20 Min Abs	<code>@thurs20abs</code>
Thursday Kelli's Zumba Tone	<code>@thurszumba</code>
Thursday April's Chair Fitness	<code>@thurschair</code>
Thursday April's Fit Bodies	<code>@thursfit</code>
Thursday Mark's Yoga	<code>@thursyoga</code>
Friday Sunny's Tone & Burn	<code>@fritone</code>
Friday Will's Yoga	<code>@fridyoga</code>
Friday Betsy's Chair Yoga	<code>@frichair</code>
Saturday Jacqui's 20 Min Abs	<code>@sat20min</code>
Saturday Jane's Yoga	<code>@janesyoga</code>
Saturday Jacqui's Indoor Cycling	<code>@satcycling</code>
Saturday Nana's Zumba	<code>@satzumba</code>