

Instructions for the REMIND APP – Send a message to the # 81010

Then put the following code into the text box according to the appropriate period you have PE

1^s Yoga: **@yoga-1**

3rd Lifetime Sports: **@Life-3**

4th Yoga: **@yoga-4**

5th Yoga: **@yoga-5**

6th Lifetime Sports: **@Life-6**

If you get a text back asking you to reply with your name, please put your legal first and last name only as it appears on LMS – thanks you!