

# Noblesville Class Schedule



To monitor class capacities, please be sure to **preregister** in advance for classes and check in at the front desk upon arrival. Please register online at [fitness.riverview.org](https://fitness.riverview.org) or email [fitness@riverview.org](mailto:fitness@riverview.org) to register for classes.

## Land Classes

### Tuesday:

Balance, Stretch & More - 9:30-10:30 a.m.  
Chair Yoga - 10:45-11:45 a.m.

### Wednesday:

Balance, Stretch & More - 10:45-11:45 a.m.

### Thursday:

Balance, Stretch & More - 10-11 a.m.

### Friday:

Slow Flow Yoga - 9:30-10:30 a.m.  
Chair Yoga - 10:45-11:45 a.m.

## Pool Classes

### Monday:

Aquatic Aerobics - 9-9:50 a.m.  
10-10:50 a.m. / 11-11:50 a.m.

### Tuesday

Mindful Movement - 12:15-1:05 p.m.

### Wednesday:

Aquatic Aerobics - 11-11:50 a.m. / 5:10-6 p.m.  
Mindful Movement - 12:15-1:05 p.m.

### Thursday:

Aquatic Aerobics - 9-9:50 a.m. / 10-10:50 a.m.

### Friday:

Mindful Movement - 12:15-1:05 p.m.  
1:15-2:05 p.m.

# Carmel Class Schedule



To monitor class capacities, please be sure to **preregister** in advance for classes and check in at the front desk upon arrival. Please register online at [fitness.riverview.org](https://fitness.riverview.org) or email [fitness@riverview.org](mailto:fitness@riverview.org) to register for classes.

## Land Classes

### Monday:

Chair Yoga - 11:15-12:15 p.m.

Slow Flow Yoga - 12:30-1:30 p.m.

### Thursday:

Chair Yoga - 11:15-12:15 p.m.

Slow Flow Yoga - 12:30-1:30 p.m.

## Pool Classes

**Monday:** 4:10-5p.m. / 5:10-6 p.m.

**Tuesday:** 8:30-9:20 a.m. / 9:30-10:20 a.m.  
10:30-11:20 a.m.

**Wednesday:** 9:30-10:20 a.m. / 10:30-11:20 a.m.

**Thursday:** 9:30-10:20 a.m. / 10:30-11:20 a.m.  
5:10-6 p.m.

**Friday:** 8:30-9:20 a.m. / 9:30-10:20 a.m.  
10:30-11:20 a.m.