



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 email fitness@riverview.org to register for classes.

Land Classes

Monday:

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

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

Thursday:

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

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

Pool Classes

Monday:

5:10-6:00 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. / 5:10-6:00 p.m.

Friday:

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



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 email fitness@riverview.org to register for classes.

Land Classes

Tuesday:

Balance, Stretch & More - 9:30-10:30 a.m.

Gentle 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.

Gentle Yoga - 10:45-11:45 a.m.

Pool Classes

Monday:

Aquatic Aerobics - 9:00-9:50 a.m. / 10:00-10:50 a.m. / 11:00-11:50 a.m.

Tuesday:

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

Wednesday:

Aquatic Aerobics - 11:00-11:50 a.m. / 5:10-6:00 p.m.

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

Thursday:

Aquatic Aerobics - 9:00-9:50 a.m. / 10:00-10:50 a.m.

Friday:

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