

2022 Boaz Parks & Recreation Class Schedules

Type	Description	Days	Time	Instructor	Price
Yoga	Incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation.	Monday, Wednesday, & Friday	8:00AM-8:45AM	Maggie Griffith	\$5
Morning Water Aerobics	A fun water workout for all ages.	Tues. & Thurs.	8:00AM-8:45AM	Todd Russell	\$5
Group Swim Lessons	Available for ages 3-Adult. 8 total lessons.	Monday, Tuesday, Wednesday & Thursday	*See website		\$40

*Contact us or go online to view availability for Group Swim Lessons.



Contact us: 256-593-7862

More info: boaz.recdesk.com