

The Mobile
Regional Senior
Community
Center

(MRSCC) is
located at 3201
Hillcrest Road
and houses a
state of the art
fitness room,
thermal plunge
pool, computer
lab, billiard
room, café and
multipurpose



rooms. Café 3201 provides a nutritious lunch Monday – Friday 11:00 a.m. to 1:30 p.m. and is open to the public. The cost is \$5.25 and includes an entrée, 2 sides, dessert, bread, and tea.

MRSCC’s mission is to provide recreation, education, and fitness programs for individuals age 55 and up; that will improve health, and encourage a more active and productive lifestyle. There is no charge to become a participant and all classes and events are free or offered at a nominal fee.

Participants can look forward to a variety of recreational activities, fitness, water aerobic, computer and arts and craft classes as well as special events. Call 602-4963 to register for classes or for more information.

All participants must be 55 and have a completed a *Participant* form on file before using the facility. In addition, a signed *Physician’s Release* form and fitness orientation is required before using the fitness room and/or the thermal plunge pool or taking fitness classes.

Mobile Regional Senior Community Center
3201 Hillcrest Road
Mobile, AL 36695
Phone: 602-4963
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