



Mommy & Me

fitness classes

MONDAYS 8AM

Beginning January 9th @ the Cultural Center

Cost: \$3 per person

Moms, Get a great workout while spending time with your children!

This class offers a variety of fitness components to help keep mothers with young children in shape. Exercising with your little one is the first step in pointing them toward living a healthy life.

Suggested child age 1 - 4 yrs



GULF SHORES
RECREATION

CULTURAL CENTER



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