

PERSONALIZED. UNIQUE. DYNAMIC.
That's Our Take on Fitness.

FREE WEEK VIP PASS

Everyone's fitness journey is unique. From group fitness programs and personal training to aquatics and free weights, Dynamic Dimensions provides you with different ways to get moving - and have fun doing it. Wherever you are on the road to fitness, Dynamic Dimensions is the perfect fit.

Name: _____

Authorized by: _____

Expires: _____

Sulphur, 545 Cypress Street, 527-5459

Moss Bluff, 602 Sam Houston Jones Parkway, 855-7708

You must be 18 years of age or older with a valid, local ID. Limit one free 7 day pass per person, per 6 months.

DYNAMIC DIMENSIONS

of West Calcasieu Cameron Hospital

WHAT MAKES US UNIQUE?

- Degreed and certified trainers
- Group fitness classes featuring a national-accredited fitness system, including:
 - Group Groove
 - Group Kick
 - Group Ride
 - Group Active
 - Group Step
 - Group Power
 - Group Core
 - Group Centergy
- On-site childcare
- Aquatic fitness
- **24 hour access to both Dynamic Dimensions locations**