

**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: \_\_\_\_\_

Redeem by: \_\_\_\_\_

Sulphur, 545 Cypress Street, (337) 527-5459

Moss Bluff, 602 Sam Houston Jones Parkway, (337) 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

## Fitness Centers

of West Calcasieu Cameron Hospital

### WHAT MAKES US UNIQUE?

- Degreed and certified trainers
- Group fitness programming from MOSSA® featuring:

 GROUP groove

 GROUP fight

 GROUP RIDE

 GROUP ACTIVE

 GROUP BLAST

 GROUP POWER

 GROUP CORE

 GROUP CENTERGY

 SilverSneakers®  
 water in motion  
The new wave in aquatic exercise

 R30

- On-Site Childcare
- KidCheck
- Aquatic Fitness
- Therapeutic Pool
- Free Weight Area
- 24 hour access to both Dynamic Dimensions locations