



# Cooper Fitness Center™

A COOPER AEROBICS COMPANY



*Exercise with a Purpose*



*“Fitness is a journey,  
not a destination,  
you must continue for  
the rest of your life.”*

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More than 40 years ago one man changed the face of fitness. Today millions of people are exercising, not just to enhance their outer appearance but to improve their inner health. While individuals around the globe know exercising is good for them, they may not know who to thank for that life-changing information.

His name is Dr. Kenneth Cooper—the inventor of the word “aerobics,” and a philosophy that a healthy body needs moderate amounts of physical exercise.

In a single step, Dr. Cooper launched a fitness revolution that has expanded and evolved, becoming larger than just one person. It is a community of people who believe fitness will help them achieve a better, longer, more productive life.

In Dallas, that community is Cooper Fitness Center, led by caring experts who can help you live the Cooper lifestyle. Join today and become a part of history and the future.



# Get Started

*You already expect the best from Cooper Fitness Center, and our new member benefits are exactly that. These are the extras you won't find anywhere else to help you get started on the right foot.*

## New Member Integration Package

- **Fitness Foundation Exam** - During this evaluation, you will experience three main areas of the Cooper Clinic comprehensive exam: treadmill or cycling exercise stress test; lab panel assessing multiple values including cholesterol, triglycerides, and fasting glucose; and a body composition test. The written report by a Cooper Clinic physician forms the basis for your exercise program.
- **Functional Fitness Profile** - Your body's strengths and weaknesses will be revealed in our one-of-a-kind personal fitness assessment. A Professional Fitness Trainer will test for muscular imbalances and review your health and exercise history.
- **Fitness Consultation and Personal Training Session** - During this session, a Professional Fitness Trainer will develop your personalized exercise plan based on results of your Cooper Exam, Functional Fitness Profile, and your goals. You will also learn how to work all of the fitness equipment.
- **Cooper Spa Session** - Choose your New Member pampering service: a 50-minute Swedish massage, deep cleansing facial, or manicure/pedicure combo.

## PLUS, CHOOSE ONE OF THE FOLLOWING:

- **Sports Pro Session** - Experience a one-on-one session with one of our Sports Professionals to gain top-quality instruction in basketball, running, tennis, swimming, boxing, martial arts, or Pilates.
- **Nutrition Education** - In a one-hour consultation, a Cooper Clinic registered dietitian will develop a nutrition plan that works for you.



## Fitness Center Hours

Monday-Friday	5 a.m.-9:30 p.m.
Saturday	5:30 a.m.-8:30 p.m.
Sunday	11 a.m.-7 p.m.

## Family Hours

Saturday	8:30 a.m.-3 p.m. and 6-8:30 p.m.
Sunday	1-7 p.m.

## Childcare

Accommodating children from 2 months to 12 years old. All staff members are CPR and First Aid certified and have passed background checks. The Jungle Gym hours are Monday-Thursday 8:30 a.m.-7:30 p.m., Friday 8:30 a.m.-3 p.m., and Saturday 8 a.m.-2 p.m. Reserve space by calling 972.239.6171.

## Locker Rooms

Each member and guest receives a locker key card upon check-in at the Service Desk. Whirlpool, steam rooms, and dry saunas are for your enjoyment; please shower before entering. Dress according to your own modesty. Please do not shave in the steam room or whirlpool.



## Tennis Reservations

Court reservations and ball machine rental may be arranged by calling 972.233.4832 ext.4330. Players must check in at the Service Desk for court assignment prior to playing. Reservations may be made in person or by telephone up to 24 hours in advance

of the requested playing time. Two players must be on the playing court within 10 minutes after the scheduled time or the court will be declared open and available for rescheduling.

## Outdoor Track

Umbrella-style strollers are allowed on the outdoor one-mile track during family hours, however roller and in-line skates, bikes, and pets are not allowed.



# Get Moving

*Take fitness to a personal level. At Cooper Fitness Center, you can tap into the support of a team of exceptional Professional Fitness Trainers, group fitness instructors, and service associates—all ready to guide, motivate, and assist you toward total well-being.*

## Membership includes:

**Group Exercise** - With more than 100 exercise classes per week—including yoga, indoor cycling, Zumba, strength training, step, group mat Pilates, and more—you are sure to find one to fit your mood and needs.



**Advanced Group Training** - Taught by Professional Fitness Trainers, these challenging classes will help you take your fitness to new levels. Test yourself weekly with the outdoor Athletic Conditioning or Tire Strength Training classes.

**Cooper Classics** - Our 55-plus program offers a variety of fitness and social activities to take part in. Specially-designed group exercise classes incorporate strengthening, stretching, and cardiovascular exercises. For fun, Cooper Classics get together for luncheons, birthday celebrations, and excursions around the metroplex.

## Members can also participate in the following fee-based activities:

**Personal Training** - Every Professional Fitness Trainer is degreed in an exercise-related field, professionally certified, and regularly participates in continuing education courses. Let one of them design an exercise program especially for you, focusing on your strengths and needs. Your workouts will be safe and effective, based on the latest research and proven techniques.



**Sports Pro Sessions** - Enjoy top-quality instruction from our experienced Sports Professionals in swimming, tennis, basketball, running, boxing, martial arts, and Pilates.

**Pilates** - With a focus on core muscles and balance, Pilates can improve your strength, flexibility, and agility; increase your mind and body awareness; and restore your postural alignment. Our certified Pilates instructors offer group mat classes, small group and private sessions, and pre-natal Pilates.



**Female Focus** - Through lectures, small group exercise sessions, and fitness assessments, the Female Focus program provides women the education and tools needed to maximize their wellness. The program is research-based and concentrates on a variety of health topics including disease management (osteoporosis, heart disease, arthritis/fibromyalgia, diabetes, and cancer) and weight loss.

**Youth Programs** - At Cooper Fitness Center, kids play with a purpose. Whether it's having fun at summer camp or taking swimming lessons, Cooper kids are active and engaged in healthy lifestyle activities. Youth programs and family events are offered throughout the year by trained staff.



**Resting Metabolic Rate** - We can assess your resting metabolic rate (RMR), providing a quick and accurate measurement of the number of calories your body burns per day. Once your RMR is established, a Professional Fitness Trainer will recommend a daily total caloric intake based on your weight goals.

**Healthy Lifestyle Coaching** - Wellness coaching sessions provide support and guidance to help achieve your health and fitness goals. Senior Professional Fitness Trainer Carla Sottovia, PhD, will be your personal wellness coach and will help you set goals, develop strategies to overcome challenges, and identify support systems and helpful resources to aid in your success.

# Get Acquainted

*Cooper Fitness Center offers innovative fitness in a friendly and spacious setting featuring state-of-the-art equipment and personalized amenities.*

## Indoor Fitness

### Cardiovascular Equipment

Treadmills | Stair climbers | Elliptical trainers | Cybex Arc Trainers | Incline climbers | Stationary bicycles (upright and recumbent) | Arm ergometers | Rowing machines | Technogym Cardio Wave | Power Plate whole body vibration training

### Weight-Training

Free Motion circuit weights | Free weight equipment | Cybex and Technogym weight equipment

### Group Exercise Studios

Mind/Body | Cycling | Group exercise

### Indoor Track

Banked curve | Rubberized surface

### Basketball Court



## Outdoor Fitness

### Outdoor One-Mile Track

All-weather rubberized surface | Lighted

### Swimming Pools/Aquatics

Two 25-yard pools | Six lanes | Temperature-controlled year-round

### Tennis Courts

Four lighted courts | Ball machine | Hitting walls



## Tyler's Café

Tyler's Café features fresh, nutritious selections for breakfast, lunch, and dinner. You can dine indoors or enjoy meals on our patio. The menu includes a daily hot entrée and salads, sandwiches and wraps, soups, smoothies, and more. Hours are Monday-Thursday 6:30 a.m.-8 p.m., Friday 6:30 a.m.-5 p.m., and Saturday 8 a.m.-2 p.m. 972.560.3259

## The Coop Pro Shop

Shop at The Coop, where you'll find the finest in fitness apparel, sports accessories, and boutique apparel for women. Books by Dr. Kenneth Cooper and the full line of Cooper Complete® Nutritional Supplements are also available. Hours are Monday-Thursday 6:30 a.m.-8 p.m., Friday 6:30 a.m.-5 p.m., and Saturday 8 a.m.-2 p.m. 972.980.2653.

## Cooper Spa

Just steps away from the bustling, high-energy workout environment is a quiet and peaceful haven where you can escape. The full-service Cooper Spa is staffed by licensed and experienced technicians providing manicures and pedicures, skin care, massage, body treatments, St. Tropez airbrush tanning, and services for men, groups, and bridal parties. Cooper Spa's signature product line and retail items are available. Hours are Monday-Friday 9 a.m.-8 p.m., Saturday 8 a.m.-8 p.m., and Sunday noon-6 p.m. 972.392.7729



## Lockers, Laundry, and Lounge

Members appreciate the complimentary day lockers and nice touches in our locker rooms stocked with hair care products, lotion, hairdryers, and plush towels. We can provide private lockers for overnight storage and laundry service at a monthly charge. Male and female locker rooms include whirlpools, dry saunas, and steam rooms. A comfortable Member Lounge is also available.

## Cooper Chronicle

The bi-monthly Cooper Chronicle email newsletter helps keep you connected with Cooper Fitness Center programs and activities and provides useful fitness and nutrition tips. To subscribe, visit [cooperaerobics.com](http://cooperaerobics.com) and click on "E-Newsletter Signup" on the home page.

## Wireless Internet Service

Complimentary high-speed wireless Internet access is available in the Member Lounge and Tyler's Café.

# Get Cooperized™

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## Exercise Classes—more than 100 a week

Aerobics | Water Aerobics | Body Sculpt | Indoor Cycling | Pilates | Step | Tai Chi | Yoga | Zumba

## Personal Training

Fitness Evaluations | Individualized Instruction | Resting Metabolic Rate Testing | Healthy Lifestyle Coaching

## Sports Training

Basketball | Boxing | Martial Arts | Walking/Running | Swimming | Tennis

## Advanced Group Training

Athletic Conditioning | Tire Strength Training

## Youth Programs

Jungle Gym Childcare | Summer and Holiday Camps | Swim Academy | Sports Training | Teen Memberships

## Classics (55-Plus)

Specialized Classes | Social and Educational Events



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