



# staywell

**COOPER HOTEL**

*conference center & spa*

Get Cooperized™



Nestled in the heart of world-renowned Cooper Aerobics Center in North Dallas, Cooper Hotel Conference Center & Spa delivers a higher standard of customer service and easy access to the ultimate health and wellness services—for business or pleasure. Within walking distance of all Cooper has to offer, it's the place to *stay well*.

**LUXURY ACCOMMODATIONS**  
**MEETINGS & CONFERENCES**  
**WEDDING RECEPTIONS**



# rest *well*

*With spacious guest accommodations, amenities and attentive, personal service, you'll want to extend your stay indefinitely.*

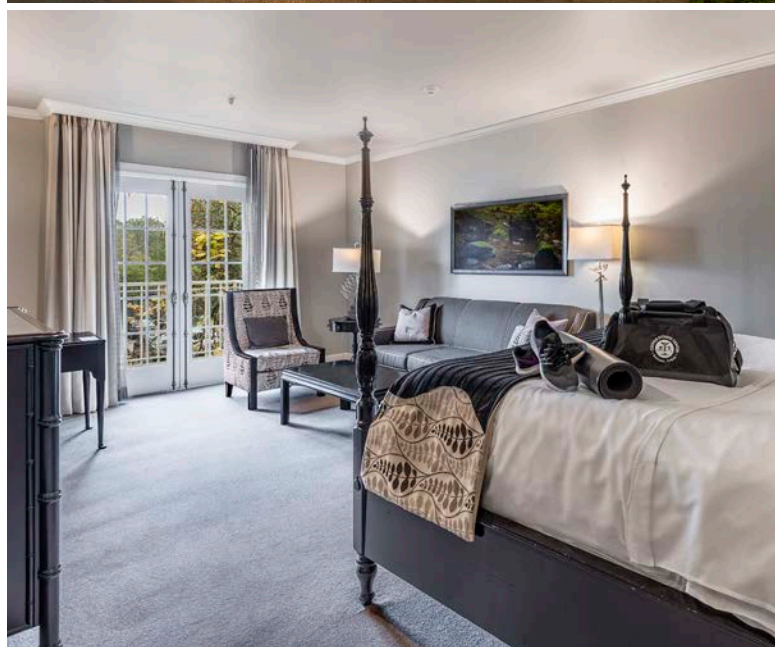
## ROOMS & ACCOMMODATIONS

- 57 oversized guest rooms including 12 one- or two-bedroom suites with French doors opening onto private balconies
- Complimentary high-speed, multi-user Wi-Fi
- Complimentary access to the 50,000+-square-foot Cooper Fitness Center, including a one-mile cushioned outdoor walking/jogging trail, lighted tennis courts and two outdoor temperature-regulated swimming pools
- Complimentary self-parking
- Onsite Cedars Woodfire Grill
- Working desk, iron and ironing board, terry cloth robe, hair dryer, Starbucks® coffee and Beautiful Fit™ products
- Laundry and dry cleaning service
- Smoke-free property
- ADA compliant

## AMENITIES

Reflecting our comprehensive approach to fitness, nutrition and balance, Cooper Aerobics Center is dedicated to helping you live better, both sooner and later. Here you can find the inspiration to make good health a habit.

- Add a Cooper Clinic comprehensive preventive exam
- Enjoy Cooper Spa's restorative and therapeutic treatments
- Shop at The Coop retail boutique for clothing, accessories, fitness gear and Cooper Complete® nutritional supplements







# connect *well*

*Meetings and conferences come in all shapes and sizes and so do our attractive meeting spaces. Whether indoors or outdoors, you'll find a well-appointed event location that works for your group.*



## WHERE BUSINESS IS A PLEASURE

They say location is a key ingredient for success. Cooper Hotel is the perfect location for a successful one-hour business meeting or multi-day conference.

- 4,500+ square feet of flexible meeting space
- Three meeting rooms, one with natural light, that accommodate up to 220 people
- Complimentary high-speed, multi-user Wi-Fi access in all meeting and guest rooms
- In-house state-of-the-art audio/visual equipment
- Full-service catering with customized menus available, including healthy options
- Custom teambuilding programs
- Complimentary self-parking
- Personal, professional and attentive service
- Energy Star partner

## MEETING PACKAGES

Based on your needs, we'll provide the best option for you to experience an effective and efficient meeting or conference.

### *Day Meeting Package*

- All-day beverages
- Buffet breakfast
- Morning refresh
- Private lunch
- Afternoon break
- General session room rental
- Audio/visual equipment

## GET YOUR MEETING MOVING WITH A COOPERIZED WELLNESS PACKAGE

Choose from a variety of lectures, exercise and nutrition activities and healthy meals that can be added to your Day Meeting Package.

- Fitness, nutrition and stress management lectures
- Stretch/exercise breaks; outdoor walks
- Cooking demo with a Registered Dietitian Nutritionist
- Healthy meals with nutritional analysis and recipes

## COOPER SPA

Cooper Spa pampers the body and mind with restorative, therapeutic and rejuvenating treatments. Dedicated to your total well-being—physical and emotional—we help you get fit in a way only Cooper Spa can. Here, fitness is beauty and it looks great on you. That's Beautiful Fit™.



*Beautiful*  
**FIT™**

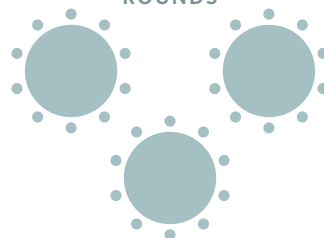
- Massages
- Facials
- Hair Removal by Waxing
- Muscle Activation Techniques®
- Custom Packages
- Nails
- Lashes

## MEETING ROOMS

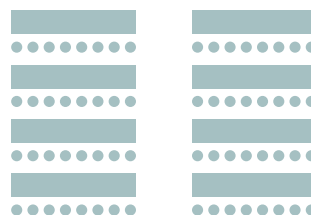
<b>BERKLEY</b> NATURAL LIGHT	2,753 SQ FT Theatre: 220 Rounds: 180	Classroom: 120 U-shape: 30
<b>McKINNEY</b>	954 SQ FT Theatre: 70 Rounds: 60	Classroom: 40 U-shape: 22 Conference: 20
<b>CARTER</b>	915 SQ FT Theatre: 70 Rounds: 60	Classroom: 40 U-shape: 22 Conference: 20

## ROOM SET-UP OPTIONS

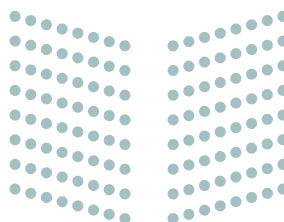
### ROUNDS



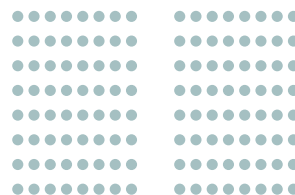
### CLASSROOM



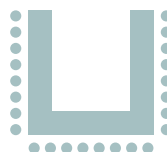
### THEATRE (CHEVRON)



### THEATRE (CLASSIC)



### U-SHAPE



### CONFERENCE



*Additional room set-up options available upon request*

# celebrate *well*

*It's the day you've dreamed about. Let Cooper Hotel make your wedding reception dreams come true.*

## WEDDING RECEPTIONS

Whether you want to plan an outdoor reception by the pond or an intimate indoor reception with enchanting lighting, the charming grounds at Cooper Hotel offer the perfect day for any bride. Our amenities and customizable services include:

- Beautiful outdoor and indoor facilities, including a reception site by the pond and fountains
- Rehearsal dinners and bridal luncheons
- Bridal portraits
- Complimentary bridal suite\*
- Luxurious guest rooms
- Full-service catering\*
- Option to provide your own bar
- Full-service day spa
- Complimentary self-parking
- On-site venue coordinator\*
- Three-month Cooper Fitness Center membership\*

For more information, please view our wedding receptions brochure.

## SOCIAL EVENTS

Special events are meant to be meaningful for everyone. Host your festive and worry-free celebration at Cooper Hotel. With a variety of indoor and outdoor locations, we can bring your event to life.

- Engagement parties
- Birthday and anniversary parties
- Bar and bat mitzvahs
- Holiday parties

Our home will become your home as we host your family and friends for an unforgettable day or evening social event.

*\* Indoor receptions only*



TRU Identity Photography + Designs



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**Cooper Hotel™**  
*Conference Center & Spa*  
A COOPER AEROBICS COMPANY

