

ORIENTEERING

TEAM BUILDING | YOUTH GROUPS | BIRTHDAY PARTIES

Combines teamwork and physical activity
to achieve common goals.

Led by Personal Fitness Trainer Shannon Edwards, Orienteering programs mix physical activity, fun and teamwork to help groups find trust, guidance, communication and encouragement.



BLIND LED ORIENTEERING-AGES 12+

Half of the team stays indoors with a map while the other half is outdoors. The group with the map has to communicate effectively to lead the "blind" outdoor group from point to point. The first team to make it to all points and back to the command center wins! A great team building exercise for adults or youth groups.

SCAVENGER HUNT-AGES 8+

Teams of 5 or more are given a map with plotted points. Using the map and compass, they must locate all of the points. The first to do so wins! A great exercise for adults and youth looking for a physical fitness challenge, moving as quickly as possible as a team from point to point encouraging teamwork.

Get Cooperized™

Located at the 30-acre
Cooper Aerobics Center in Dallas.

Call 972.233.4832 or email
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